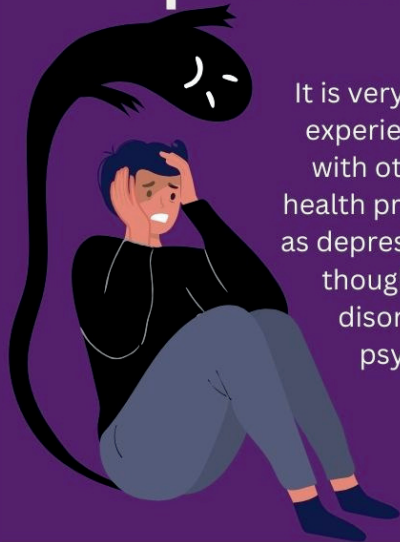


Anxiety and other mental health problems



It is very common to experience anxiety with other mental health problems, such as depression, suicidal thoughts, eating disorders and psychoses

When we feel under "threat", our body automatically goes into "fight or flight" mode, our survival mode. Essentially, our brain floods our body with adrenaline and we experience symptoms of anxiety.

Effects on the mind



Racing thoughts, a sense of dread, worrying about the worst possible outcomes, constantly thinking about bad experiences, feeling low and depressed

Effects on the body

Butterflies or churning in your stomach, heart racing or pounding in your chest, feeling tense, restless, clenched fists and jaw, feeling sick, needing the toilet more, sweating and hot flushes



stonepillow

Anxiety

Be anxiety aware!

Anxiety is a natural feeling. It is what we feel when we are worried, nervous or afraid. Feelings of anxiety are not dangerous.

Worrying about the symptoms of anxiety can worsen the anxiety and is called a *panic attack*.

Sometimes, anxiety can get in the way of us getting on with things. Long-term anxiety can impact our physical health

If you think you are struggling with anxiety, please speak to your stonepillow keyworker, GP, or your mental health lead practitioner who can help

**For more information and to access resources and homelessness support visit:
www.stonepillow.org.uk
Prevent-Relieve-Recover-Resettle-Restore**

Try the 5 4 3 2 1 technique

Grounding with our senses helps us to connect back to the present, when our brain might be stuck re-living the past, or caught up worrying about the future

NAME...



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



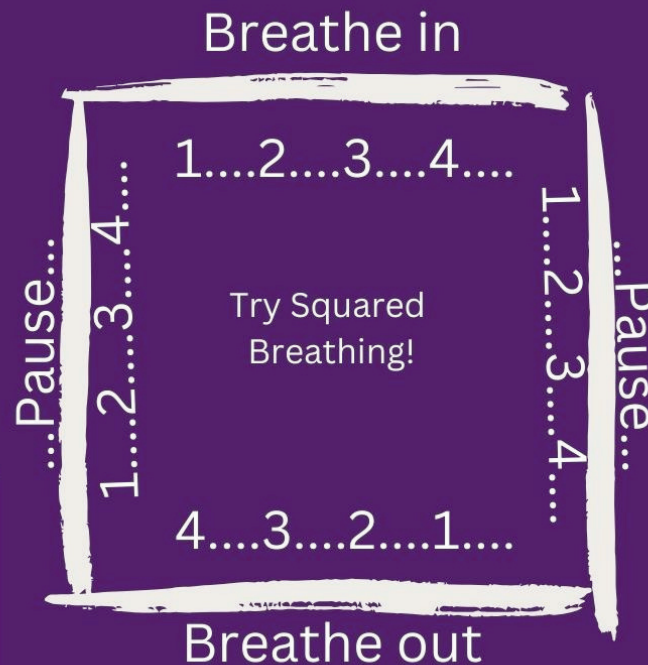
1 thing you can taste

We can also use mental strategies to ground ourselves. Try the categories game... Going through the alphabet, name as many as you can from the following categories:
CARS FRUIT & VEG CELEBRITIES ANIMALS

Anxiety Breathing

When we feel anxious, we tend to take quick, shallow breaths. This makes us feel more anxious. It can lead us to a panic attack!

We can use our breathing to relax our bodies, and tell our minds that we're safe. Slowing down our breathing, and breathing from our belly is the easiest way to calm anxiety. Plus, we can do it wherever we are, and no one would know!



Try the STOPP technique

Slow down, pause, stop what you're doing

TAKE A BREATH

OBSERVE

what am I thinking?
what am I reacting to?

PULL BACK

What is the bigger picture? Is this fact or opinion?

PRACTISE WHAT WORKS FOR YOU