



(SOME) STRATEGIES FOR COPING WITH

# ANXIETY

## GET SOME FRESH AIR

This gets oxygen into your brain and helps you think more clearly.

Changing your scene helps too.

## LOOK AT WHAT YOU CAN DO INSTEAD OF WHAT YOU CAN'T

One step at a time, then look at what's blocking you.

## TALK TO SOMEONE ABOUT IT

Could be a parent, carer, friend or someone at school. Just opening up can help loads.

## TRY BREATHING

Might sound silly, but regular breathing helps steady your heart. Try three big, deep breaths, in and out, three times.

Links to further support and advice available on the Craigie website.