

Tips for Wellbeing Series No 1

Anxious Worrying

How you can reduce it

What is anxious worrying?

Anxiety and worry are normal human experiences and are quite a common response to pressure, danger and generally to new or difficult situations. Anxious worrying becomes a problem when it occurs too often; becomes too intense; interferes with everyday life; a variety of things; restlessness; and memorising; irritability; procrastination; avoiding certain situations; inability to let go and hating uncertainty.

What can be done about it?

It is not necessary to suffer from anxiety and worry. If you regularly experience them, it may be helpful to try and:

- > Talk to a counsellor (at CIT or elsewhere) or to your doctor
- > Learn how to increase helpful and eliminate unhelpful thinking. For example, you can delay your worrying by writing down your worrying thought, setting a time when you are going to address it and then do not engage with that thought until the set time. Or you can use a worry log to write down your worry and determine if it is a current problem or a future problem. Then decide if it is one you can problem-

Breathing technique

- > Sit comfortably and place one hand on your abdomen
- > Breathing through the nose take a gentle breath in for approx. 4 seconds and notice the abdomen expanding
- > Hold the breath in for 2 seconds
- > Gently breathe out for approx. 6 seconds and feel the abdomen relaxing
- > Repeat this for a few minutes and notice how you feel afterwards

Progressive muscle relaxation

- > Set aside 10 – 15 mins and sit or lie down comfortably
- > Following the given sequence, tense each muscle group for 5 seconds, then relax for 10 seconds while saying to yourself "**relax**" or "**let go**":

right hand and forearm; right upper arm; left hand and forearm; left upper arm; forehead; eyes and cheeks; mouth and jaw; neck; shoulders; shoulder blades and back; chest and stomach; hips and buttocks; right upper leg