



Anxiety Support - Staying present

The first thing I invite you to try, when you start to feel anxious, stressed, overwhelmed or find your mind taking over, is sit down on a solid surface like a chair and plant your feet firmly on the ground.

Take a minute to just close your eyes and focus on the feeling of being fully supported by the chair and feel your feet on the ground.

What does that feel like? Is your body fully supported? Can you feel yourself being supported?

Remind yourself that the feelings and thoughts you are experiencing can be controlled, you fully control them, they do not control you! Use an affirmation or mantra that works for you e.g., 'I control my feelings and thoughts' or 'I am able to change my thoughts and feelings', repeat this slowly, over and over, try to clear your mind of anything else and focus just on those words. Pick any words that work for you, there is no right or wrong.

Then, find your breath and focus on just your breathing, just follow your breath in and out, in and out. Try not to think about it or change your breathing, just allow yourself to follow the pattern of your breath, this will start to slow everything down.

Once you have followed your breath for a minute, start to breathe for a count of 4, breathe in for 4 counts and out for 4 counts, deep breathing will slow your thoughts and feelings down.

When doing the breathing, try to relax your body and any tension you may feel. Know that you are supported by the surface you are sat on and allow yourself to be supported, let go of anything outside of you.

Once you start to feel grounded and everything slows down, slowly let go of the focus on your breathing. When you feel ready, open your eyes, and ask yourself, how am I feeling right now?

When breathing try to ensure you are breathing into your abdomen. When breathing in, your belly should expand and when breathing out it should contract.

When anxiety, overwhelm, stress or overthinking happens, your breathing can become erratic and your mind can become overactive, breathe focus can really help in slowing everything down and refocusing you.

Most of all, be kind to yourself and approach yourself with love.