

5 top tips to help you manage anxiety

Anxiety is a normal response to pressure or uncertainty. These simple techniques are free, practical and can be used at work or at home.

1. Ground yourself in the present

Pause and notice 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste. This grounding exercise helps bring your mind back to the present moment when it starts racing ahead.



2. Slow your breathing

Try breathing in through your nose for 4 seconds and out through your mouth for 6 seconds, for 2 to 3 minutes. Slower breathing helps calm the physical symptoms of anxiety.



3. Move your body

Gentle movement, such as a short walk or stretch, can help lower stress levels by releasing tension and improving mood, along with muscle-release techniques like gently tensing and relaxing your shoulders and hands.



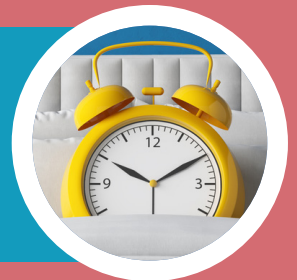
4. Talk to someone you trust

Sharing how you feel with a colleague, friend or family member can reduce the sense of isolation. Social connection is strongly linked to lower anxiety and better mental health.



5. Keep a simple routine

Try to wake up, eat and wind down at roughly the same time each day. A basic routine gives your brain a sense of predictability, which reduces anxiety. Even small structure can help you feel more in control.



Don't forget to visit the Sovereign Resource Hub for more top tips and to listen to the Managing and Understanding Anxiety podcast.