

## Reduce your risk: minimise your anxiety

During times of uncertainty, it is normal for us to feel worried or anxious. Anxiety is a normal response and it can assist to keep us focused on doing activities that may help. Anxiety can also be unhelpful, and if you are starting to feel overwhelmed or panicky, reach out for help. Here are a few tips to help you keep your anxiety at bay.



### Negative thoughts

Take care not to let negative thoughts have too much attention. Thinking things does not make them true. Try to put your worries into perspective.



### Limit media exposure

The continuous stream of stories (many of which are misleading) do not help you. Set specific times to check the news and then turn off the rest of the time.



### One day at a time

It can be easy to get carried away with what might happen rather than focusing on the here and now. Focus on the present and take life one day at a time.



### Control what you can

Focus on what you can control rather than worrying about what you cannot control. Redirect your energy into planning ways to cope.



### Understand your anxiety

Some of our actions and activities can make us feel more anxious. Identify the behaviours that contribute to your anxiety and replace them with more helpful strategies.



### Stay connected

Sharing how you feel with people you trust can help you to feel supported and keep your thoughts in perspective. Keep connected with those close to you.

Anxiety is a normal response during times of uncertainty, but there are steps you can take to keep it under control. If you are feeling overwhelmed or in need of support, reach out to us for assistance. We're here to help you navigate your way through this time so don't hesitate to call us at any time.

We're here when you need us

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