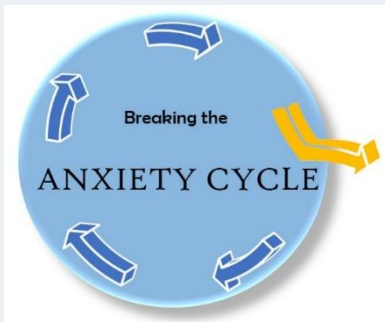


Anxiety whilst in lockdown



Anxiety is a persistent feeling of worry, fear or nervousness. Everyone has feelings of anxiety at some point in their life and feeling anxious can be perfectly normal.

However, some people find it hard to control their worries especially in times of uncertainty. Their feelings of anxiety are more constant and can often affect their daily lives.

During these times it is important try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media – and think about turning off breaking-news alerts on your phone.

Daily Challenge – Why not try a relaxation technique? This could be breathing exercises, meditation or mindfulness. These techniques can help reduce anxiety and make you feel calmer.

Please see below some resources to help reduce and control your anxiety to make you feel more in control of your thoughts and feelings:

- ✓ Click [here](#) to view a ½ hour **‘Resilience’ mindfulness session** provided by our Health & Wellbeing partner Vitality from 12.00-12.30pm
- ✓ We also have a wide range of **wellbeing eLearning modules** available on MyLearning:
 - Anxiety and Panic Attacks
 - Reducing Stress – Techniques to Relax
 - Reducing Stress – Mediation & Visualisation
- ✓ Download **free Mindfulness Apps** such as Headspace, Calm, Aura, Stop, Breathe & Think and Insight Timer
- ✓ Click [here](#) to down the **Mental Health & Wellbeing flyer** produced by Group SHE which provides information and support available to you

