

# TIPS TO HELP WITH ANXIETY



Living with anxiety can be extremely difficult, take a moment to try some of our tips below.

Try a short breathing exercise

Drink plenty of cold water

Keep a mood diary

Get moving and do some exercise

Get outdoors and take in the fresh air

Pause for a few moments

Listen to calming music

Don't be afraid to ask for help



Please visit our wellbeing hub for more information.



**BRIGGS**  
EQUIPMENT

