**Things you can do to help manage anxiety**

1. Talk to someone about how you are feeling. Your family, a friend, your GP or professionals. You can refer to Healthy Minds Bury, [www.penninecare.nhs.uk/healthymindsbury](http://www.penninecare.nhs.uk/healthymindsbury). You could also contact [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), call: 116 123 or email: jo@samaritans.org if you need someone to talk to, or the Pennine care 24 hour mental health helpline on 0800 014 9995
2. Try using calming breathing techniques.
3. Exercise can help us to relax too. Activities such as running, walking, swimming and yoga are all good ways to help manage mood. Remember to listen to your body and always consult with a medical professional before starting any vigorous exercise programme.
4. A healthy diet can help maintain regular energy levels.
5. Maintaining a good sleep routine.
6. Try writing your thoughts and worries down. It can help to get them out of your mind and onto paper.
7. You can listen to free audio mental wellbeing health guides <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>
8. Try to focus on one day at a time. Is there one thing you can do today that makes you smile, one thing that can make your feel relaxed or one thing that you can look forward to doing.