

May 2023 - Mental Health Awareness Week Focus on Anxiety

Research on well-being and mental health says that finding ways to feel more in control can help with symptoms of anxiety.

Here are some practical things that can support you to feel more in control:

- ✓ **Plan your time and break your day up:**
 - Breaking up the day into sections can help you feel more in control. When you feel anxious you might need to set some time aside to write down or focus on what you're worried about. On other days you might be able to plan to do some cleaning or watch a film to distract you from your worries.
- ✓ **Focus on one thing at a time:**
 - Sometimes this is called mindfulness. By slowing down and focusing on one thing at a time you can feel more in control. Social media can make this even more difficult and distract you from what you're doing or things that are going well for you. It's important to be able to focus on the here and now sometimes.
- ✓ **Notice your achievements:**
 - Keeping a diary of things that are going well can be helpful. You could take photos when you do manage to go out for a walk or go out for food. Looking back at these photos can then help you to feel calm and more in control next time you feel anxious.

Shine can offer personalised support around your priorities.

We don't expect you to speak about your feelings before you get to know us. But if you know what is making you feel anxious, then Shine will be able to put you in touch with different people who can help.

If you are care experienced or a care leaver and need support, Shine is here to help - Contact us on: 07795 245727 Email: Shine@sjmt.org.uk or complete a self-referral form on our website at www.sjmt.org.uk/shine-referrals