



It is normal to feel anxious at times, but when anxiety is stopping you living your life as fully as you want to it's important to do something about it.

Talk to someone about how you feel – this could be a trusted friend or family member, a university tutor or wellbeing adviser. You can call the Student CareFirst phonline counselling service with unlimited access 24 hours a day, 7 days a week. Call **0333 212 5968** for any support & practical advice

Breathing and mindfulness techniques can help to stop anxious thoughts spiralling out of control. Start by breathing slowly and regularly in through your nose counting to 5 and out through your mouth, try to keep this up for 3-5 minutes. You can download free mindfulness apps such as Headspace or Calm.

Your daily routine can have a big effect on how you feel. Make sure you are getting enough sleep and eating regular healthy meals.

Keep active – daily exercise and fresh air can improve your mood and reduce anxiety. Gentle exercise such as going for a short walk or short jog can be a great way to start, or you could try an online yoga class.

Make time to for you. It's important to do something relaxing and enjoyable for yourself every day. This could be listening to music, reading, taking a bath or doing a creative activity.

Try to be aware of your thoughts and how they affect you: anxiety can lead to having negative thoughts which don't always reflect the reality (e.g. overgeneralising or jumping to conclusions). It may help to write down your worries so you can identify unhelpful thinking styles or patterns which trigger your anxiety.

Get support. Anxiety can be overwhelming, and we all need support at times. Ignoring or avoiding your anxiety can lead to it building up and becoming worse. Talk to your GP or one of our Wellbeing Advisers to explore the different options of support:

<https://beta.salford.ac.uk/askus/support/wellbeing-and-counselling>.

Be kind to yourself. Each day is a new start and making small changes over time can make a big difference to how you feel.

