

# Dealing with Anxiety

The sense of uncertainty everyone is feeling about Coronavirus and how it has changed our everyday lives has caused a lot of people to experience symptoms of anxiety such as problems sleeping, feeling tense, restless and unable to sit still and needing a lot of reassurance from other people.

The following links are to some wonderful resources which not only teach you about what anxiety is, but also give exercises such as breathing and mindfulness techniques to help you deal with the symptoms.

For young people and families, Streetwise have created a wonderfully calming video called 'Coping with Anxiety':

<https://youtu.be/-LxXy9AfNXA>

For older teenagers and adults with mild to moderate symptoms of anxiety, there is an online self-help guide:

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

To help younger children Cosmic Kids teaches yoga through interactive storytelling and offers mindfulness techniques:

<https://www.youtube.com/user/CosmicKidsYoga>

## **Mindfulness Exercise to try today:**

### **Breathing Buddies**

Everybody will need their favourite cuddly toy for this activity. Simply lie down on your back with your teddy on your belly. Breathe in and out normally and as you do, focus your attention on the rise and fall of your breathing buddy until you feel calm and relaxed.

