

My Positive Mind TM Anxiety



Episode Three: Coping with Anxiety

Coping with anxiety is all about reducing our 'fight or flight' nervous system and 'activating' our relaxed nervous system.

Fight or Flight Nervous System

When anxiety hits, our body elevates its 'Flight or Fight' nervous system. Our heart rate, blood pressure, breathing rate, and pupil size are all elevated. We may feel sweaty or shaky.



3 coping strategies for your toolbox

These 3 coping strategies have the power to reduce anxiety when it strikes. Use these effective tools to ease anxiety whenever you feel it starting to take over.



1. Exercise



Fast paced exercise can immediately help release stress and tension. As little as 5 minutes of high intensity exercise can help. You can work your way up to 45 mins. You will start to feel really good as your happy hormones are released.

Practice our range of anxiety busting workouts starting from 5 mins [HERE](#).

Relaxed Nervous System

This is the nervous system we need to activate to reduce anxiety. Our relaxed nervous system aids us in feeling calmer and more in control of our minds and bodies.

We have three coping strategies that will activate this calming system, and slow down your heart rate and breathing rate



2. Breathing



Slowing our breathing down lowers anxiety. The rectangle breathing

technique is simply exhaling longer than when you inhale.

Inhale for 4 seconds, hold, then exhale for 6 seconds.

Join us for some supportive breathing exercises [HERE](#).

3. Muscle Relaxation



This technique focuses your attention on each muscle group of the body by tensing the muscle group as hard as you can, then releasing it. As you relax the muscle group you will feel a release of tension.

Take some time out of your day to lie down and relax.

If you'd like some guided muscle relaxation click [HERE](#).

Practice These Techniques



Practice your coping strategies every day so they soon become an automatic response. That way they will always be there for you whenever you feel anxious.

Set reminders to complete your strategies each day so they become a daily habit.

Create a Daily Schedule

Creating a daily schedule will help your coping strategies become an automatic habit. You can create a schedule that fits into your life. Here is an example of what a schedule might look like:

- **6am**
Exercise
- **12:30pm**
Breathing
- **8pm**
Muscle relaxation



Help Lines

If you feel overwhelmed or distressed, please reach out to your local GP or contact the following support lines. They are there to help you, even if it's just for a chat.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

Eheadspace (12-25): 18- 650 890

Men's Line: 1300 77 98 77

Head to Health: 1800 595 212

Got a question?

Our friendly psychologist Nat is here to support you.

Simply email your questions to: support@mypositivemind.com.au

Coming up in episode 4...

Next we are going to break anxiety down into 4 areas so you can understand exactly what brings you into an anxious state. By understanding this process you will be able to then stop anxiety in its tracks!