

CNRS Clinical Psychology's Top 10 Tips for Psychological Wellbeing

1. Reduce caffeine - consuming large amounts of caffeine (tea, coffee, energy drinks) can increase physical feelings of anxiety such as an increased heart rate
2. Stay active – there is a strong link between exercise and mental health; regular exercise reduces physical feelings of anxiety and improves mood and sleep
3. Reach out - talk to someone you trust about how you are feeling, it can feel more difficult to cope when we keep things to ourselves
4. Try mindfulness - becoming more aware of the present moment can reduce feelings of anxiety and give us a mood boost
5. Avoid avoidance – when we are anxious we tend to want to avoid things, however this can make things worse in the long run. You will feel anxious but if you repeatedly face the thing you fear your body adjusts to it and your physical anxiety reduces. If facing your fear is daunting, try breaking it down into small steps.
6. Me time – give yourself time each day to do something relaxing such as taking a bubble bath or reading a book, even if it's just for 10 minutes
7. Limit alcohol intake – initially alcohol can help you to feel calmer, however it is a depressant and will likely increase anxiety and affect your mood once it wears off
8. Keep an anxiety diary – keep a note of situations, times and places where you have felt anxious; this can help you to pinpoint any triggers for your anxiety so you are able to work towards tackling them
9. Slow down – recovering from a stroke or brain injury and getting back into a daily routine can take some time so it is important that you give yourself enough time and space to do this
10. Sleep well – tiredness can exacerbate feelings of anxiety so it is important to get enough sleep. It can be difficult to sleep when we are anxious so ensure you have time to wind-down and relax before getting into bed