

Top tips for easing anxiety

If anxiety gets too much for us or if it persists, it can have a negative impact on our daily life. The good news is that there are simple ways to help manage symptoms of anxiety and one of the key ones is physical activity.

Top tips for easing anxiety

Top tips for getting active

Spot the signs of anxiety

It's important to recognise your symptoms of anxiety, reasons for them and how to take action.

Start small and build up slowly

To the recommended 150 minutes of physical activity a week if you can. Why not try a free NHS approved app – such as Couch to 5k and Active 10 – to get moving?

Face your fears gradually

Avoiding situations can make our anxiety worse. Slowly facing up to things you find challenging may help.

Choose a physical activity you will enjoy

It will be much easier to keep motivated if you pick something you like.

Challenge unhelpful thoughts

Try to catch negative thoughts and replace them with more realistic ones.

Make being active fun

Listen to a new podcast while on a brisk walk or invite a friend or a family member to join.

Set up a daily "worry time"

To address or write down your concerns.

Go outside

Whether it's your local park or common, being out in nature helps to clear the mind.

Reduce tension with relaxation exercises

Check out these helpful [mindfulness and meditation videos](#).

Physical activity not always front of mind?

Keep your active kit next to your front door as a reminder.

To download free NHS approved apps such as Couch to 5k and Active 10, please search Every Mind Matters.

For more help

Sign up to Every Mind Matters anxiety easing emails.