**When the going gets tough, who are you going to call …….**

**STRESS BUSTERS**

Here are some ideas and tips to help you cope with and overcome anxiety, stress, and panic attacks.

* Talk to someone about how you are feeling. You are not alone. Everyone has been worried or stressed or anxious at some point in their life.
* Learn and understand your triggers.
* Exercise to release endorphins, they are the happy hormone, you will feel better.
* Get enough sleep, 7 to 8 hours. Put your phone away at least an hour before you go to bed, the blue light from your phone suppresses the ‘sleep hormone’ melatonin and makes it difficult to fall asleep.
* Picture you are blowing all your worries into an imaginary balloon then let it go and feel all the stress disappearing.
* As soon as you wake up think of three things you are grateful for. Practicing gratitude makes us feel more positive.
* Stop comparing yourself to others. You are unique and special!
* Write it out. Writing things down can offload your feelings and help you cope.
* Tidy up, cluttered space = cluttered mind.
* Set small daily goals that you can achieve. Write down two goals every evening that you have achieved that day.
* Picture a happy moment. Close your eyes and remember it.
* Use the Magic Wand technique, when negative thoughts come into your head, imagine you have a magic wand which you can use to make them disappear.
* Practice the 54321 Technique. If you feel panicky think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and one thing you can taste. This distraction technique really works. Try it.
* Use the Sing a Song in Your Head technique, it is very effective. This lifts your mood and makes you feel calmer.
* Build an imaginary forcefield around you that gives you superpowers and that takes negative thoughts away.
* Learn the Magic Breath method and use the 4-7-8 rule. Breathe in through your nose for 4 seconds hold it for 7 seconds and breathe out through your mouth for 8 seconds. This is used by actors and singers all over the world to stay calm when they are about to perform.
* Listen to relaxing music. Its an amazing stress buster.
* Find moments in the day to chill out.
* Try relaxation techniques, lots of great exercises on YouTube.
* Do a body stretch.
* Hug someone and release oxytocin which improves your mood.
* Get a colouring book and do some art therapy.
* Take a power nap.
* Spend time with a pet or go for a walk with someone who has a dog.
* Take up a hobby.
* Hold hands with someone.
* Read a book. Reading can help reduce stress by over 60%.
* Try Yoga or Pilates.
* Get a weighted blanket for your bed.
* Go outside and into nature. It will take your stress away.
* Dance or sing yourself happy.
* Cut down on caffeine which is in fizzy drinks as well as tea and coffee.
* Take a social media break. This is so important before bedtime.
* Don’t skip meals and drink lots of water.

