

Anxiety Cheat Sheet

1

What is anxiety?

At some point in our lives, most people experience stress or anxiety. Stress or anxiety can sometimes be a short-term response to a stimulus, such as exams, deadlines, or interviews. However, when the feeling of stress or anxiety is consistent for a longer period, without any external triggers, it is better described as anxiety. This anxiety can sometimes develop into a type of anxiety disorder, which can significantly affect your daily life.

2

Quick Techniques for Coping

4-7-8 breathing technique:

- Inhale deeply through your nose for 4 seconds.
- Hold your breath for 7 seconds
- Breathe out for 8 seconds

Progressive muscle relaxation:

- Tense one muscle group (e.g. fists, shoulders) for 5-10 seconds, then relax
- Gradually work through your body (e.g. hands, arms, legs)

3

Support resources

MIND

Anxiety UK

Mary Frances

Trust/Catalyst

Safe Havens

Men's Sheds

NHS Talking Therapies

5

Remember...

Researching anxiety and defining what it means for you and what can help you manage it, doesn't make you weak or less of a man. It takes a strong person to fight against these thoughts and feelings, and have the courage to get to the other side of anxiety.

4

Long-term strategies for preventing anxiety

- Engaging in daily exercise
- Reducing caffeine, drug and alcohol intake
- Reframing your thoughts (aka. Is this thought based on fact? Is there another way I can look at this situation?)
- Talking to the people around you
- Practicing mindfulness such as the methods above even when you're not anxious