

# Our top 10 tips for when you feel worried.

- 1. Tell somebody.** If you're worried, the most important thing you can do is let somebody you trust know. If you aren't sure who to turn to, find a charity who are there to help 24-7.
- 2. Keep talking to people.** Sometimes when we're worried, we want to shut off from the world, but it's so important that we let people in.
- 3. Find things you love to do.** The things we love make us happy. You need no excuse to do what you want to do.
- 4. Keep active.** Exercise is a great way to look after your body and to get rid of some of the clouds that can fly over our headspace.
- 5. Keep a routine.** Sleeping well and having structure can really help take away some of the unpredictable aspects of life and relieve some worries.
- 6. Breathe.** It sounds obvious! But there are lots of helpful strategies out there to help you to control your breathing if you find yourself getting worked up.
- 7. Be honest with yourself.** If things are getting too much, don't bottle those feelings- identify them and share them with someone who can help.
- 8. Stick to the facts.** Social media and the internet are filled with plenty of horrible lies and airbrushed imaginings. When you're overwhelmed by negativity or post-truth; find the facts.
- 9. Find the opposites.** What is worrying you? Look for the alternatives and the ways you can feel that little bit braver.
- 10. Count the blessings.** Even in our darkest moments, there are small rays of light. Keep hopeful, even when things are hard.