



### ■ What can I do to get better?

- ❶ Understand the process and how anxiety persists because of a spiralling vicious circle between physical symptoms, worrying thoughts and changes in behaviour.
- ❷ Break into this vicious circle by learning new skills:
  - a *Physical symptoms* can be reduced by learning relaxation or controlled breathing.
  - b *Mental symptoms* ie, worry, can be combated by a combination of identifying and challenging worrying thoughts and replacing them with positive ones, and/or distracting yourself.
  - c *Behavioural changes* can be altered by deliberately changing your behaviour and going back into difficult situations in a gradual step-by-step fashion.
- ❸ Make alterations to your lifestyle and so manage successfully the amount of stress you put yourself under. This might involve learning to be more assertive, managing your time better, breaking unhelpful habits or learning other new skills.