

BE AWARE

FOLLOW THESE 5 STEPS TO KEEP YOUR ANXIETY IN CHECK

A

ACCEPT what's going on. Recognise your symptoms, acknowledge them, without letting them override everything else that's going on. No put-downs.

W

WATCH what's going on. Score the stress levels on a scale of 1-10 to see how they vary. Keep breathing your 7/11.

A

ACT (NORMALLY). Keep going if you need to, while imagining yourself 'calm and collected'. Pace yourself. **Take action** and put the stress reduction skills listed above, in place.

R

REPEAT AND REHEARSE

Repeat the **A-W-A** if you're in a stressful situation and watch your stress score coming down.

Also, **repeat** the stress reduction activities over time; slow and steady will win the race. (Be the tortoise, not the hare.)

Rehearse - mentally rehearse yourself being back in control, feeling calm and collected, leading your life in a way that nourishes all your emotional needs.

E

EXPECT THE BEST Every crisis is an opportunity for change - not to go back but to find a way forward that is more rewarding for who you are now and want to be.

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For the full article and more information on the work Renée does with children, parents and schools, visit www.reneevandervloodt.com

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