

WAYS TO REDUCE ANXIOUS THOUGHTS



STEP 1: RECOGNISE

Recognise the destructive nature of your negative thoughts and that thoughts are like clouds that pass through our mind

STEP 2: CHOOSE

Choose to take your attention away from these negative thoughts to something else:
try focusing on your hands - close your eyes & see if you can feel the energy within,
then see if you can feel energy in other parts of your body,
and then finish by bringing your attention to your breathing



STEP 3: MINIMISE

Minimize your future exposure to negative stimuli that can influence you:
News
Social Media
negative conversations with others

STEP 4: INCREASE

Increase your exposure to positive stimuli like:
humour
nature
compassionate projects
mindfulness.

