

# 5 PRACTICAL TIPS FOR OVERCOMING ANXIETY

FORCES  
CHILDREN  
SCOTLAND



## Breathing exercises

A good place to start is with some breathing work. This can help you take your mind off the things that are making you anxious. Try placing one hand on your chest and the other on your stomach, then take five big, deep breaths. Channel all your focus on your breathing.

You can also try a fun activity called a breathing ladder. Breathe in while counting to three, then breathe out for three. You can then move up to four and five. Take it nice and slowly, to whichever number is comfortable for you.



## Sleep on it

If something is really worrying you, try taking a nap and revisiting it when you're fresher. Our brain doesn't function as well when we're tired, so a nap could give you some great perspective!



## Create a safe plan

Sometimes, uncertainty can cause our anxiety to feel worse. One way to combat this is to create a safe plan. Think about the scenarios that worry you and plan ways to deal with your anxiety triggers in those moments. You can share your plan with your safety people – those you trust to support you – so they know too!



## Grounding exercises

Like our breathing, grounding exercises can help bring us back to our body and out of our heads. One of the easiest grounding activities is the five-step grounding routine.

Take a deep breath and try to identify:

1

Thing you  
can taste

2

Things you  
can smell

3

Things you  
can touch

4

Things you  
can hear

5

Things you  
can see

## Distraction routines

When we are really anxious, sometimes a simple distraction can help. Try to think of some routines that can distract you when you're feeling most anxious. This could be a fidget item, calling a friend, getting a drink of cold water, repeating a meaningful mantra or playing a specific song and counting down until the end of the track. Try anything that feels reassuring and distracting for you!



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