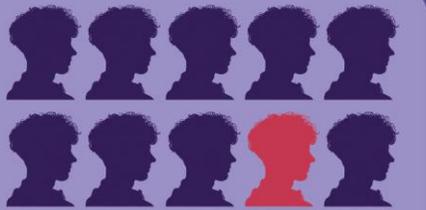


# Depression & Anxiety



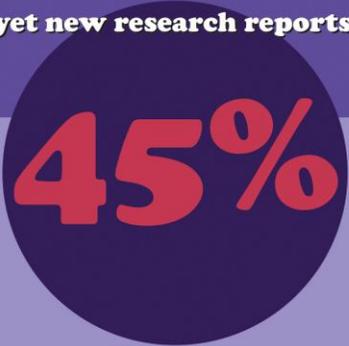
**1** in **10**



**people are likely to have a disabling anxiety disorder at some point in their life.**

swipe ←

**yet new research reports,**



**45%**

**of people with feelings of anxiety say they keep it a secret.**

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# Depression & Anxiety

## ANXIETY

**Anxiety is a common mental health disorder affecting millions of people worldwide.**

**Here are some tips to help improve your frame of mind:**

### Understand Your Anxiety

Keeping a diary of what you are doing and how you feel at different times may help you understand why you're anxious and identify ways to manage or eliminate anxiety.

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### Try Self-help CBT Techniques

Cognitive behavioural therapy (CBT) can help you deal with worries, anxiety and unhelpful thoughts by working through problems in new ways and helping you build resilience.

### Shift Your Focus

Mindfulness and meditation help to calm anxiety and reduce tension by focusing awareness on the present moment. This can include breathing exercises and relaxation.



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### Make Time For Worries

If anxiety or worry is taking over your day, try setting a daily "worry time" to review your concerns. Doing this at a set time daily can help you focus on other things.

### Face Your Fears Gradually

Avoiding situations or relying on habits we think will keep us safe might worsen our anxiety. Slowly facing up to a situation might help, and eventually, it will feel OK..

### Look At The Bigger Picture

If we're feeling anxious about something, we might get stuck on the details and stop seeing things clearly. Thinking about your problem or situation from someone else's perspective can make it easier to devise a plan for tackling it.



# Depression & Anxiety

## DEPRESSION

**One of the most common mental health conditions is depression, affecting approximately 280 million people worldwide.**

**Here are some tips to help improve your mood:**

### Increase Helpful Activity

Low mood can stop us from doing the things we enjoy. Try listing these things and doing some each day. Start with easier ones, and your mood should improve as you progress

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### Talk To Someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we struggle

### Try Self-help CBT Techniques

Practical strategies can help you deal with worries, anxiety and unhelpful thoughts, work through problems in new ways and build resilience.

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### Get Better Sleep

Low moods can make us feel tired, and tiredness can also negatively impact our mood.



### Boost Your Mood With Music

Create a playlist to listen to when feeling low – start with slower choices and gradually move to faster, uplifting songs. This can help your mood to lift too gradually.

### A Little Activity Every Day

Doing little things every day to be more active can really lift your mood.



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