

My Personal Best

Coping techniques

Feeling stressed or anxious? Follow the coping advice tips of our volunteers to help you chill out...

Talk to somebody you trust; a good friend or a family member. Whilst feeling anxious talking through the causes of anxiety can help minimise the feelings and increase feelings of reassurance. **Talking to someone else also helps rationalise and ease the anxiety.**

J. Heaven

I find my music and my writing a real catharsis. Whether it's a journal, where I can release all my angst or fears, or fiction where I can express myself creatively, both of these help release stress. **Music, both playing and listening to, can be so therapeutic.** Put on a song that reflects your mood and really try and feel it. Move, sit, cry, think- whatever feels right. I always feel refreshed after this.

G. Jeremy

Often when I got really stressed and upset, I found it helpful to do something productive to take my mind off the stress and upset. **Simple things like going for a walk, cooking or listening to music which makes you feel really positive can really help.** Taking yourself out of the situation and forgetting about it will make you feel better. Having a good sing and dance to your favourite song can be really good as well.

I would often worry at night time about things I had to do the next day and any stresses I had had in the day. This would lead me to stay awake and not sleep at night. To prevent this, **I used to write down everything I was worrying about and put them inside a box which I then locked.** The idea was that all my worries were locked away for the night and I could forget about them. Because they were in the box, I couldn't worry about them anymore.

L. Knox

I use a sleep CD. I have no idea where it was bought from but it really works! It takes you through relaxation techniques/breathing techniques and I never normally hear the end 😊

E. Osbourne

When you find yourself feeling low and thinking negatively, **distracting yourself** with mental puzzles/games can be a good way to stop those thoughts and feelings building up. Examples are crosswords, puzzles, singing a song or counting backwards. You could also carry an object around with you that create happy memories. When you are feeling down holding or looking at it could help to take you away from those negative feelings.

J. Turner

Listening to songs - I pick songs which are inspiring. For me, I like to listen to songs which have motivating lyrics. I will put them on repeat until I can automatically hum the song. **When a certain lyric really matches my feelings, I'll copy them and post it on my mirror.** Some of my feel-good songs are "The Climb" by Miley Cyrus, "Don't Stop Believing" by the Glee Cast and "I'll Make a Man out of You" from Mulan, the movie and many many more!

Watching movies - **I love to watch dance flicks, because they usually have the same story line: harsh beginnings then hard work and lastly triumph!** They remind me of the effort I should be putting into what I am doing and I should emulate them. What they can do, I can do it too! Some other films I like are "Legally blonde" (I'm also a law student), "Step Up ", "High School Musical", and "A Walk to Remember" (reminds me how lucky I am).

C. Low

Try speaking to people such as friends and family when you're feeling stressed. Speaking with someone who relates to your situation can help. **Support groups** can also help you find methods of coping for stress.

A. Khan

After this, once you are less stressed, I would recommend, as I often find it useful to take a **long hot bubble bath** where you can relax and de-stress and forget about why earlier you were in that position.

J. Rodgers

Write a story/a paragraph of **where you would like to be in five years time** (this must be healthy). Then, write a list of steps to take in order to help you get there. You can do it!!

Write a letter to yourself about all the things you love about you! If you find it difficult, ask someone to help you, or **think back to any compliments you may have received** over the years. It may be hard at first, but it will be worth it once it's all done, and you've got a lovely letter to help you feel a little happier whenever you may be feeling down!

R. McConnachie

The 'stop' technique is used for stopping anxious thoughts mid-flow. **You abruptly change your thoughts by simply saying 'Stop'**; this can sometimes be more effective if said out loud. You can then immediately switch your thoughts to something that doesn't provoke as much anxiety.

S. Green