



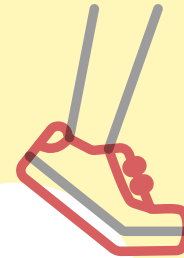
**LISTEN TO
MUSIC**



**CREATE A
NEW ROUTINE
FOR MON-FRI**



**STAY
CONNECTED
WITH
FRIENDS**



**EXERCISE &
WALKS**



READ

**LIMIT ANYTHING
NEGATIVE THAT
WE MIGHT READ
ONLINE**



**HEALTHY
COPING IDEAS
FOR LIFE AS IT
IS**



**MEDITATION
(THIS MIGHT
ONLY BE FOR
A FEW
MINUTES)**



**JOURNALING
SO WE ARE
NOT HOLDING
OUR
THOUGHTS**



**HAVE A
HEALTHY
SLEEP
ROUTINE**



FRESH AIR



women's aid

Belfast and Lisburn

Anxiety & Teenagers

Anxiety is something we all experience at some level and is completely normal. It can be good, however to have ways of managing or reducing this if it becomes overwhelming or too much with life as it is at the moment, it is important that we take extra care of ourselves and our minds. Something we have control over. The diagram gives some useful ideas to start with. It's about small steps to choosing one to begin with and proceeding from here.

You can also check out: <https://www.headspace.com/>

