

For Anxious Times Ahead

Hey there, are you worrying about the news and what's to come? Me too. I can feel my anxiety running in too high a gear and so here are some tips we might try so we can get through the seemingly long haul of what's ahead.

It's okay to not feel okay about all this.

Whether you have existing anxiety or not, this uncertainty and state of 'not-knowing' is one that all humans struggle with. All our stress responses to threat are being triggered and it's not because you are 'failing to cope' or 'over-sensitive' that you are feeling this worry.

Minimise Exposure - not just physically

Turn off notifications, turn off 24 hour news channels, try not to get caught up in protracted speculative conversations about it, decide a time that will be least triggering (I never do 10pm news before bed) to watch the news or when you can talk it through with someone afterwards. Go outside, breathe deep, get some sun and blow the cobwebs away. Exercise, distract creatively, do puzzles, read a book ...

Plan Self Care with others (before you need it)

If you need to isolate, think about what you might need both for practical and emotional support. Make a list under each category and identify who or what can help with each. It might be friends, family, a local organisation or changing to online for shopping, prescriptions, telephone helplines etc. Start now, with friends, or a source of support and look at that list and let people know now what you might need in times to come and see how you can help them in return.

We are all in this together

As an introvert, with social anxiety, the prospect of social isolation didn't sound too bad to me but in reality I do know that I slip into feeling lonely and forgotten about when I withdraw for too long. Community can be hard in these times so get some check-in buddies and agree ways to let each other know you are each important, loved and cared for. Write letters and screenshot to send, send cards via online, draw pictures, record videos, ask a neighbour if they want to facetime instead, call older relatives - be a lifeline and you will feel better too.



Soni Cox X
@sonicox