

It is understandable to feel anxious during challenging times

These emotions are part of being human.



Focus on what you can control

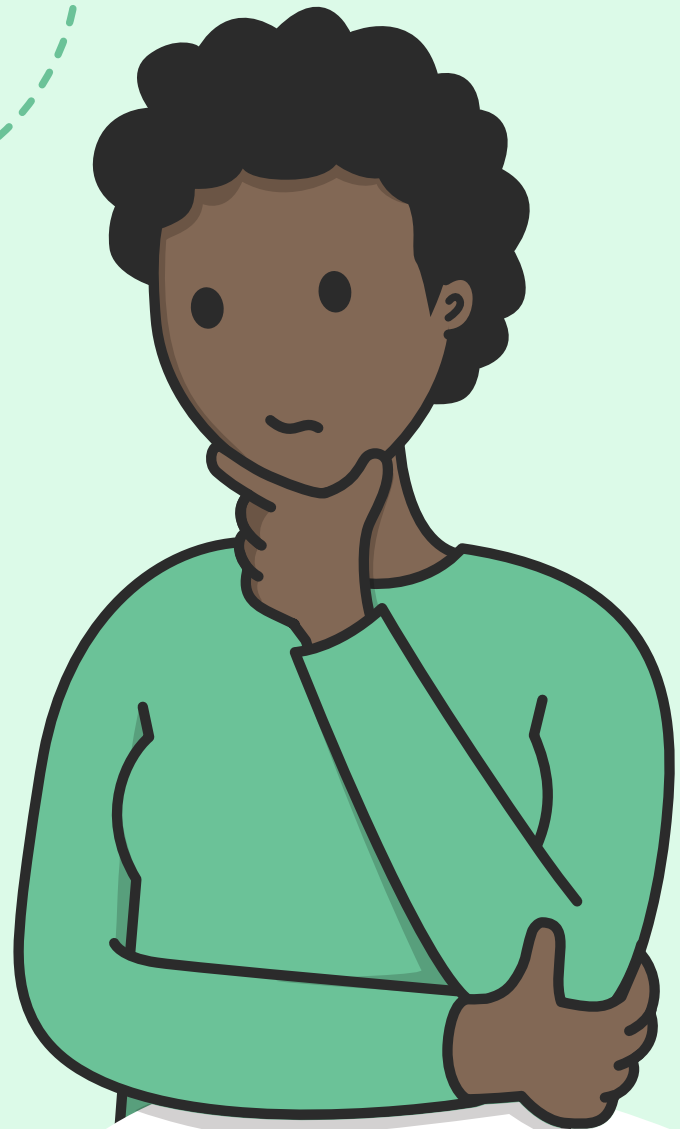
Write down the things that are bothering you which you have direct control over, and think of actions you can take today to address them.



Help is available

There may be little you can do to influence positive change and feelings of helplessness or distress are not easy to manage.

If it would help to talk to someone about your concerns, and how you are managing them, please call the 24/7 mental health helpline to speak to one of our counsellors.



3 ways to reduce anxiety