WHAT ANXIETY FEELS LIKE:

- I get breathless & panic
- Really hot face, heart beating out of my chest, light headed. Wobbly.
- My breathing alters and then I can't remember how my normal breath goes
- Palpitations & breathless with burning cheeks
- Feeling like I can't fill my lungs properly
- Tightness in my chest. My thoughts feel like they're swirling around. I feel like my whole body clenches up.

- Heightened, talk faster, become defensive
- Defensive and angry and tight chest and I just completely freeze
- Weepy terrified shouty furious
- I get quite reclusive lol #shutdown
- I cry a lot
- It's a knot in my chest. Heart beating fast. But also loss of sleep. I wake up at night with a pang of anxiety and can't go back to sleep.

- Palpitations, defensive, feels like my head will explode
- Lack of clarity, can't verbalise feelings, loss of sleep too!
- Crazy dreams
- Incessant thought patterns
- Catastrophize
- Sleeplessness
- It's like you can feel your hormones surging

HOW TO ATTEND TO SELF:

- Fresh air and silence
- Box breathing (in for 5, hold for 5, out for 5), yoga, alone time.
- Get outdoors, breathe.
- Craft or make something. Lie down and sleep.
- A bath!! Making a list!
- Calming music.
- Playing sport so I have to be in my body
- I do a bit of breath work, drive to the sea, sleep
- LOUD music or a podcast with a walk
- Dance in the kitchen

- Yoga, swim in the sea, walking and listening to my favourite songs
- Get outdoors, pilates, meditate, talk to my sons, write a list.
- Read a book
- Going outside. Outdoor swim. Solitude.
- Yoga, painting, outdoors Running outdoors.
- Fresh air, podcasts, peace alone
- Speak to my go to person
- 80s music...loud!
- Switch off social media and notifications

- Cuddle the cat
- MANTRAS!!!
- Baking & cooking
- Look at dogs
- "I am safe"
- I take regular reflexology
- Make my husband play with my hair.
- Dancing
- Crafting
- Alternate nostril breathing
- Reading
- Do my skincare routine
- Walk breath journal
- Tidying! Clearing the space around me.