



SELF HELP GUIDE FOR ANXIETY & DEPRESSION

1

TALKING ABOUT HOW YOU ARE FEELING

this can be with someone that you know who will be receptive to you and sympathetic, or someone that you don't know. Sometimes it can be easier to speak to someone you've never met, like us on **07563 572471** (24/7) or The Samaritans **116123** (24/7)

2

BREATHING REGULATION – 345

This helps to calm you down and it's very much like breathing into a paper bag. So breathe in for the count of 4, hold for the count of 3, then breathe out for the count of five then breathe normally, repeat until the anxiety passes.

3

FRESH AIR/DAYLIGHT/EXERCISE

Fresh air/daylight - try to get outside once or twice a day just for 5 or 10 minutes if you can manage that. A short walk helps you immensely without realising it – light exercise releases endorphins (a natural way to feel good).

4

LAUGHTER

There is so much light hearted and funny things to watch so do that and... **DON'T WATCH THE NEWS & DON'T WATCH DRAMAS** – It'll just keep you from feeling better.

5

VOLUNTEERING

Again helping others makes you feel good (natural laughter) this can be half an hour a week or whatever you want. I get a good feeling helping others through our support groups and it really does help.

24/7 HELPLINE 07563 572471

Email: support@jamesupportgroup.com • www.jamesupportgroup.com

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