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Anxiety Awareness

wellbeing
in focus 

How To Prioritise Yourself

- ✓ **Rest:** anxiety levels can increase when you are not rested. Make sure to get enough sleep when you can, or consider relaxing activities to calm your mind and body.
- ✓ **Regulate your nervous system:** try setting aside time daily for activities such as meditation and breathwork.
- ✓ **Eat nutritious meals:** eating healthily not only helps your body, but also your mind. Reaching for a chocolate bar late at night can increase anxiety levels and disrupt sleep, resulting in a sluggish being in the morning!



Scan the QR code to understand the facets of anxiety, and discover resources to support mental health and resilience.



counselling
& advice helpline

☎ 0800 328 1437

🌐 employeeassistance.org.uk

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