

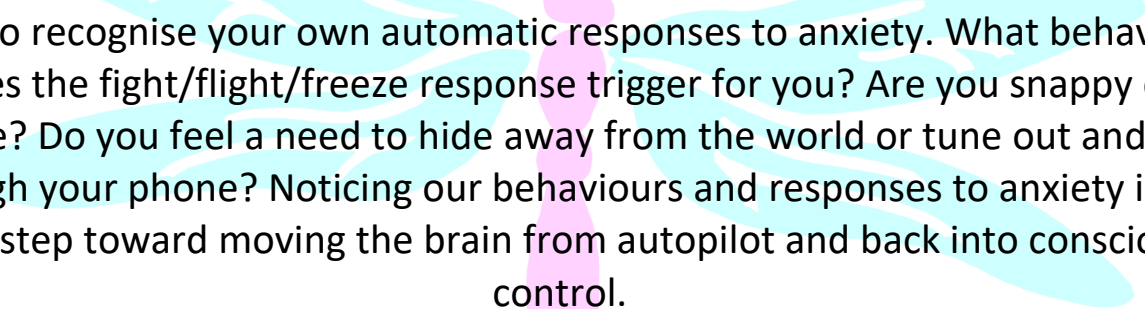
# Thrive 365 #6

## Did you know?

Anxiety isn't something to be anxious about! It's a normal human response to a perceived problem. It only becomes an issue when it becomes a prolonged experience and/or starts to have an impact on day-to-day life.

## What can you try?

### 1. Come off Autopilot



Learn to recognise your own automatic responses to anxiety. What behaviours does the fight/flight/freeze response trigger for you? Are you snappy or irritable? Do you feel a need to hide away from the world or tune out and scroll through your phone? Noticing our behaviours and responses to anxiety is the first step toward moving the brain from autopilot and back into conscious control.

### 2. Don't Think of a Pink Elephant!

You thought of a pink elephant didn't you? The more we try not to think about something, the more it pops into our head! Accept and alter thoughts rather than try to stop them. So, instead of trying not to think 'I can't cope', change it to 'I feel like I can't cope at this moment, but feelings pass quickly'.

### 3. Take Small Steps

Focus on bravery rather than getting rid of the anxiety. Taking small steps can help build confidence and courage, for example if someone is afraid of clowns, looking at pictures of them might be the first small step, followed by walking past a street performer etc. This is called graded exposure and the idea is to stay in each situation until it's no longer scary.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

**TALKS**

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