

Coping with anxiety



Self-care and mindfulness

Self-care is a habit, not a once-off task. Consistency is key! One of the simplest and most effective ways to manage stress and avoid anxiety is to maintain a healthy, balanced lifestyle. A website with some great ideas is tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul.



Practice focused, deep breathing

Try breathing in for 4 counts and breathing out for 4 counts, for 5 minutes in total. By evening out your breath, you will slow your heart rate, which should help calm you down. The [4-7-8 technique](#) is also known to help anxiety.



Learn Meditation

Practicing meditation alters brain chemistry, leading to a decrease in susceptibility to anxiety and an accelerated processing of anxious emotions. Guided NLP meditations are a great way to start. For some people, doing breathe-based meditation gives them anxiety and they give up on regular meditation practice. But here is a simple technique you can try with a little bit of [NLP infused visualization](#).



Find a way to be calm physically and mentally

Psychophysical relaxation techniques aimed at achieving physical and mental well-being, such as yoga, tai chi, qigong, and meditation are designed to mimic a physical state of calmness, therefore combating both the psychological and physical hyperarousal states experienced with stress. Why not try [yoga classes at UQ](#).



Apps can help

The [5 Top Mindfulness Apps](#) Recommended by Psychologists are:

- [Smiling Mind](#)
- [Headspace](#)
- [Calm](#)
- [Stop, Breathe and Think](#)
- [Simply Being](#)



Reach out to someone

Some anxiety is perfectly normal and not a cause for concern. However, some people may find that anxiety can be ongoing and overwhelming. Feeling like this may indicate that the person has an anxiety disorder. Meet with MSST to discuss resources and services like UQ Health, UQ Counselling, self-help resources, and the UQ wellbeing course.



Seek support:
Medical School
Student Support