ADVERTORIAL

THREE TIPS FOR COPING WITH ANXIETY THAT WORK

JENNI HART

BEGAN BATTLING ANXIETY ATTACKS AT 17.
NOW 44 & ANXIETY ATTACK FREE,
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This week, I want to share three tips I use for keeping my anxiety in check:

WALK IT OUT

I'm not going to say you need to do thousands of steps a day or give you a training plan for a marathon trek, but I will say: Please get out for a walk when you feel able! I was very agoraphobic in my twenties, and the furthest I could manage was the end of the drive. Then one day, I made it to the post-box down the road and before long, I regularly walked to a favourite shop about a mile away. Those first little steps ended up making a big difference.

EXPRESS YOURSELF!

I've recently made journaling part of my bedtime routine. It's an excellent way to express my thoughts and feelings, and I feel like I've had a good chat with a treasured friend. I've also written a few letters to myself, including past and future me, as a reminder: Jenni, you've got this!

A REDISCOVERED DELIGHT

Art Therapy is recommended for relaxing the mind, but I've always found painting and sketching quite stressful! However, I loved colouring pictures as a child and was sure I'd like to again. I downloaded some free colouring pages and bought myself a set of stylish D'Aran-Fleur pencils. I love how vibrant and reassuringly tactile D'Aran-fleur pencils are and that they don't break when sharpened. I've spent many relaxed hours since colouring and mastering my technique. I think I'll soon graduate to a D'Aran-Fleur set for confident artists!

Fill your day with colour and find the best set for you at: www.daran-fleur.com