

Self-care tools

Description

[Get help](#)

[Access therapy](#)

[Helping your child](#)

Self-care infoline and self-care tools

A graphic with a green background. On the left, the Anxiety UK logo is in a dark green arrow shape. Below it, text reads: 'We know anxiety can take hold at any time. That's why we have a 24/7 self-care infoline offering a range of guided relaxation exercises for you to find calm. This service also provides information on Anxiety UK's services for further support.' On the right, a hand holds a smartphone displaying the 'Anxiety UK Self-care Infoline' text, the phone number '03444 775 774', and '24/7 automated self-care & info service for anxiety'.

Our 24/7, 365 self-care infoline offers access to a range of relaxation and self-care exercises:

[03444 775 774](tel:03444775774)

Male

Female



[Mood club cards](#)



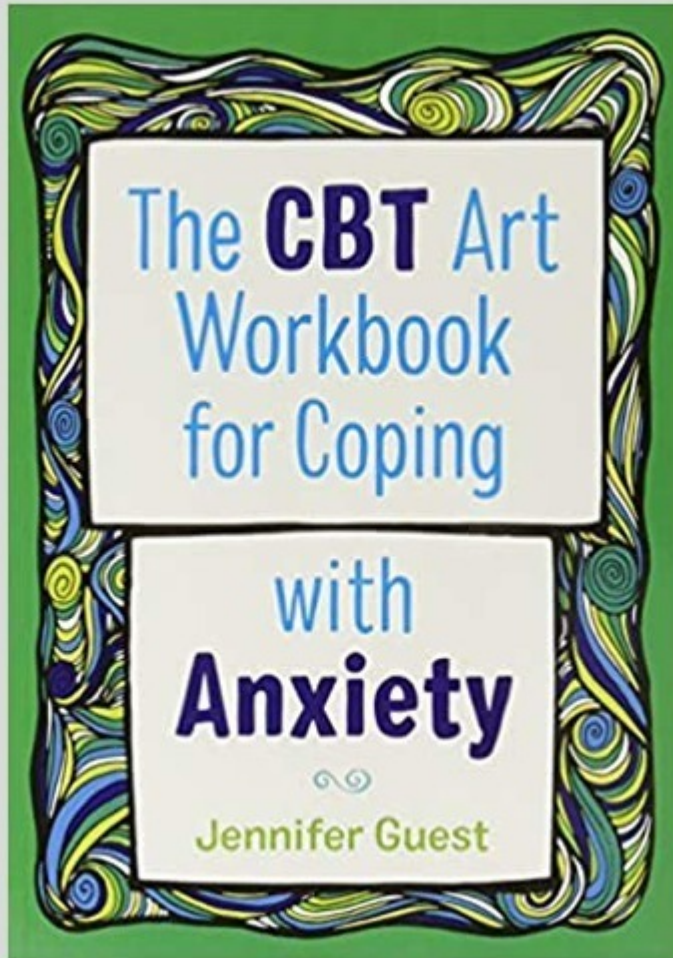
Anxiety UK

[Calm keys](#)



Anxiety UK

Breathing & Relaxation Exercises



[The CBT art workbook for coping with anxiety](#)

Self-care tips:

Here are some of our top tips:

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Practice breathing and relaxation regularly (even when you feel ok) to keep anxiety levels low. Have tools at your disposal to use when you start to feel overwhelmed.

- ***Ensure you are eating well and exercising – both have a huge effect on mood and anxiety! Read more about 'nutrition and anxiety' here: <https://www.anxietyuk.org.uk/products/anxiety-condition/anxiety/nutrition-and-anxiety-a-self-help-guide/>***
- ***When you feel panicked, drink a glass of warm water (not boiling) as this can help soothe the nervous system. Try herbal teas, especially ones that contain the herb valerian, as this can be helpful.***
- ***Write a list of your worries – seeing things on paper helps put concerns into perspective and can assist with helping you to create a plan for managing anxiety.***
- ***Keep busy with hobbies, yoga, colouring, or other crafts, reading a book and, chatting to friends/family.***

If you find this page helpful, our members get access to these resources plus many more.

Find out more about our membership here: <https://www.anxietyuk.org.uk/get-help/become-a-member/>.