



University of
Reading
MALAYSIA

ANXIETY RELIEF KIT

This anxiety relief kit serves as an anxiety first aid that can hopefully help you learn more about anxiety and also helpful strategies to cope with anxious feelings. Especially when you are faced with stressful situations such as exams preparations, exams and approaching assignment deadlines.

For more details, kindly contact your welfare officer- Ms. Evelyn Beh by email or whatsapp.
email: ruok@reading.edu.my
Call/ sms/whatsapp: 016-2084012

How to use this kit?

1) You can read on the anxiety facts to learn more about anxiety

OR

2) Choose some of the exercises included to help you cope with your anxious feeling when you feel anxious or worried about a possible future event.

OR

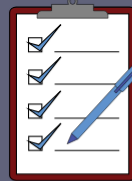
3) Practice some of the exercise consistently before you feel overwhelmed with anxiousness.



Some facts about anxiety

Feeling
anxious is
a normal
response
to:

Scary, unfamiliar or
stressful situations
such as :



Exams



A new pandemic



Presentations



Deadlines

Anxiety responses can be dated back to our evolutionary survival mechanism of "fight", flight or "freeze", triggered by our stress hormones.



Anxiety levels may vary from low levels of worry to higher levels of panic depending on one's circumstances, emotional health and physical health

note:

Usually acute anxiety is relatively short lived and with helpful strategies, can dissipate in time.





**shortness of
breath**



**increase in
heartbeat**



**digestive
issues**



trembling



headaches



procrastination



panic



Feeling Anxious

CAN LEAD TO



**difficulty
sleeping**



**poor eating
habits**



**increased
negative
thoughts**

WHEN

FEELING

ANXIOUS

TRY NOT TO



Thinking of the situation as a catastrophe, not accounting grey areas and the fact that the feeling will pass one day,

Be hard on yourself; No one is perfect and no one expect you to be perfect.

Comparing yourself to others as judging yourself against others is a recipe for unhappiness.

"What if"-ing as you may find yourself spiralling to negativity, until your predictions becomes irrational

TRY TO



When you have catastrophic thoughts, literally say "STOP" to yourself, take few deep breaths & bring yourself back to the present moment.

Be satisfied with doing your best and be realistic of what your best mean AND Set achievable targets.

Embrace and try to accept yourself as who you are. Understand that everyone is unique and have different approach on getting things done.

Focus on things you can control. Often, the things you worry about will fall into place sooner or later

When overwhelmed with anxiety, try these exercises:

Exercise 1: Deep breathing exercise to lower down emotional arousal

7/11 Breathing

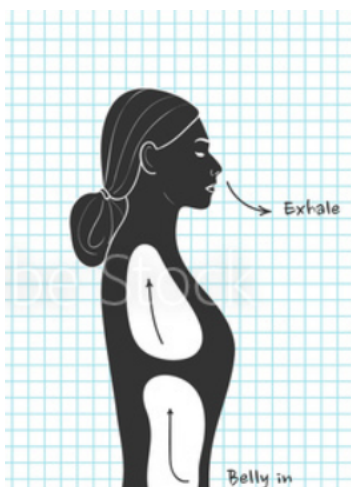
Steps

1. Breathe in slowly for a count of 7 and hold your breath for as long as it is comfortable.



When breathing, imagine filling in air into your stomach first and then your chest

2. Breath out slowly to a count of 11.



If you find it difficult to lengthen your breaths to a count of 11 or 7, then lower the count to breathing in for 3 and out to 5, or whatever you feel comfortable, as long as the out-breath is longer than the in-breath.

3. Repeat until panicky feelings subside.

Exercise 2: Mindfulness meditation

You may watch the video below and carry out this exercise in the morning to help you feel more relaxed, have more self-compassion and be prepared for the rest of the day.




designed by  freepik.com

Click link for video

<https://www.youtube.com/watch?v=inpok4MKVLM&feature=share&fbclid=IwAR0-S9UTJ4nvOw6tK7yXQw8zNnr6mCuOVsqyXRqEBN3S8dntCB2myZMhtiY>



5-Minute Meditation You Can Do Anywhere

Goodful  1.6M views · 7 months ago

In just 5 minutes you can reset your day in a positive way. Special thanks to John Davisi for lending us his incredibly soothing ...

CC

Exercise 3: Mandala coloring for anxiety or stress relief 1

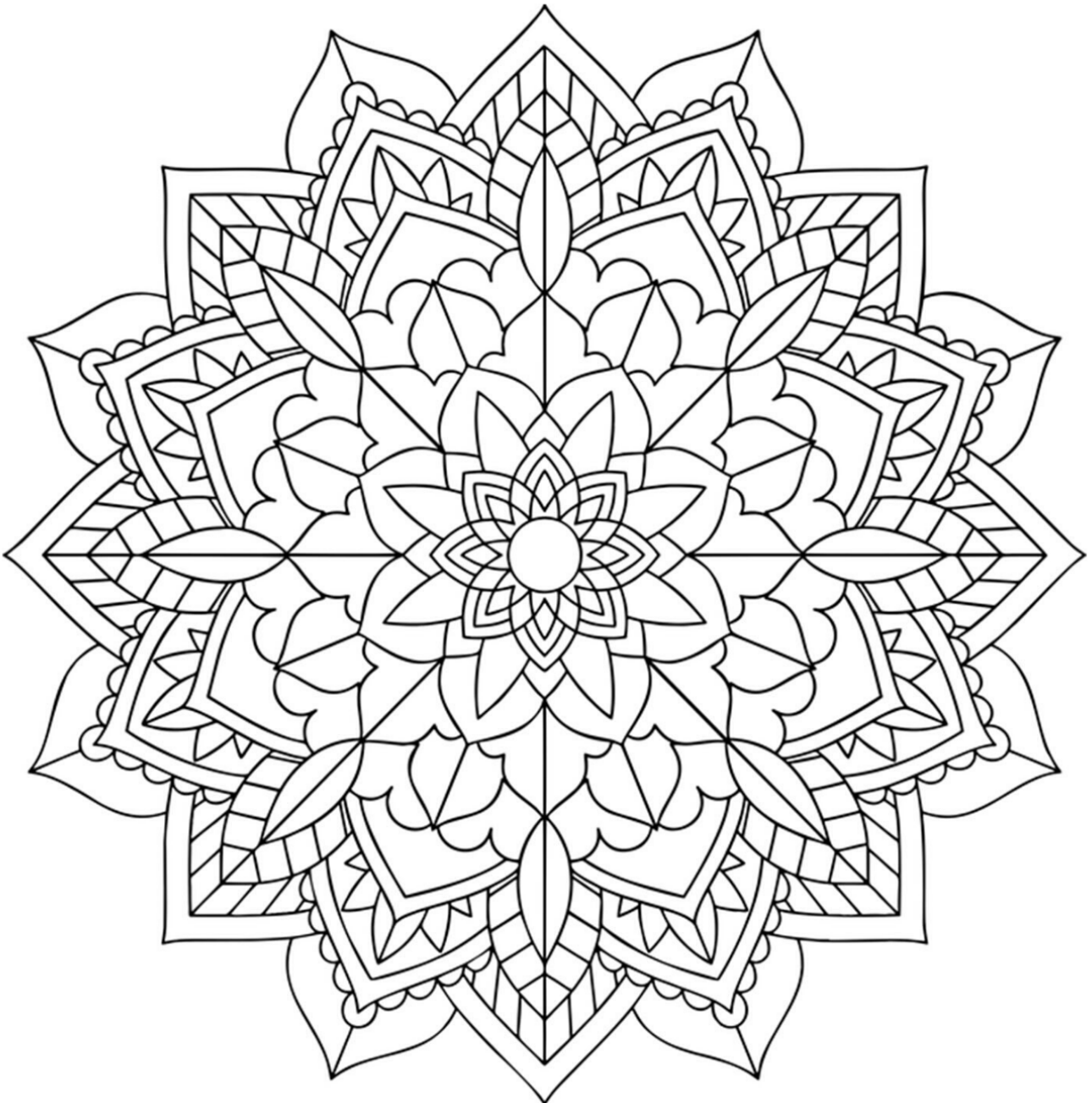
Sometimes, anxiety manifest itself into physical symptoms such as a headache or muscle pain. You may use the mandala coloring activity below to help you feel more aware of your bodily sensations and tune in to your body to target anxiety treatment to specific body parts for some relief.

From the brain, to your body

Steps:

- 1) Observe and reflect on the body parts you experience anxiety. e.g. does anxiety manifest itself as a constant headache
- 2) Pick a color to represent each part of the body and color the mandala according to your physical symptoms.

For example, If you choose red to represent your stomach and you have trouble with gastric pain, use red more to color the mandala. If you choose blue to represent headaches and you only have minor headache, use less blue when coloring.



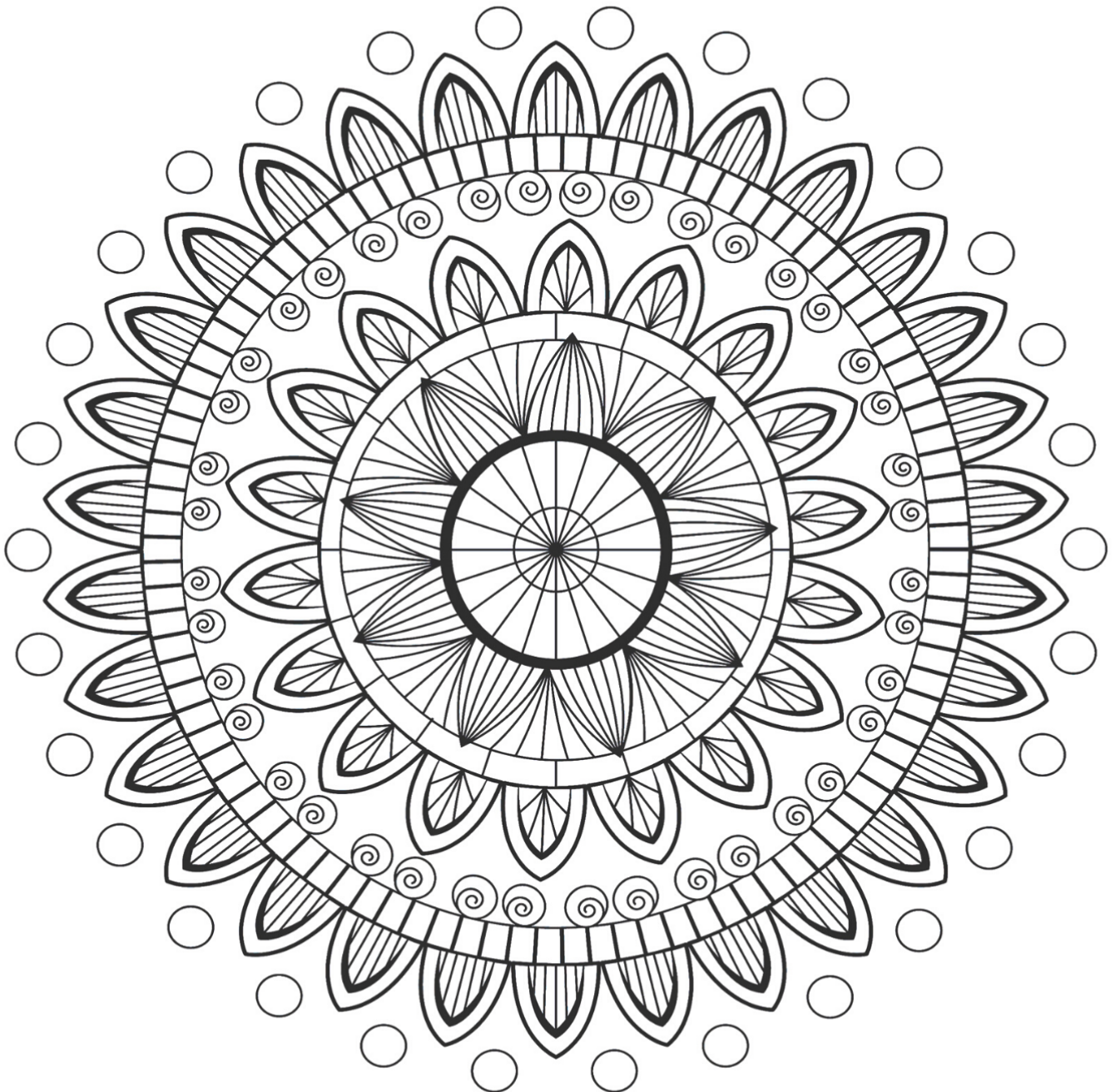
Exercise 4: Mandala coloring for anxiety or stress relief 2

It is perfectly normal to worry when you are faced with stressful situations. Anxious thoughts can be overwhelming at times. When you try to ignore or force them away, it may be ineffective or worrying thoughts may get stronger. Hence, allocating some time to face worrying thoughts can surprisingly, be helpful in helping us gain more control on worrying.

Say hi and control your worry using mandala

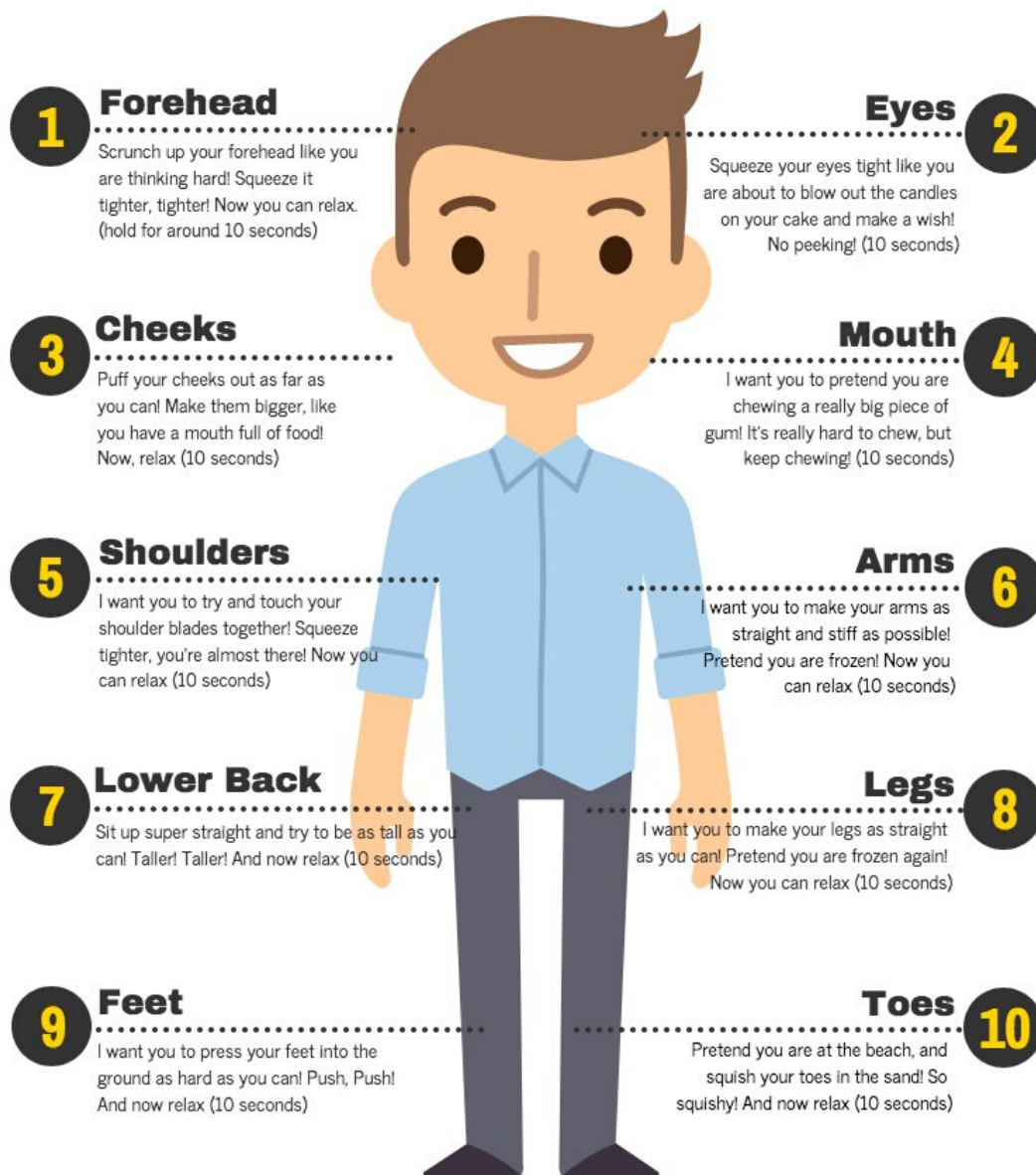
Steps:

- 1) Choose a worrying thought. If you find it difficult to concentrate on only one worry thought, it is fine to let other anxious thoughts wander through the activity.
- 2) Select a color tone (e.g. warm colors), set a timer (e.g.10 minutes) and start coloring the mandala. Allow your anxious thoughts to come and go during the time frame set. You will feel anxious when coloring but it is okay to feel so.
- 3) When the time is up, choose a different color tone (e.g. cool colors), and finish the mandala. This time, when worrying/ anxious thoughts interrupts, consciously replace them with a more positive or less anxious thoughts.
- 4) When the activity is complete, know that you have acknowledged your worry and have the choice to see it in a less intimidating and more realistic perspective. Then, choose to do the next right thing in the present that you can control.



Exercise 5: Progressive Muscle Relaxation

- Our muscles are often tensed up when we feel stress or anxious. Consciously tensing our muscles and relaxing them can help us to relieve tension built in our muscles and bring mental calmness.
- When done before going to bed, this exercise may also help those who experience difficulty sleeping in stressful times.



Tykes of Tomorrow

Click the link below for a video example on how this can be done

<https://www.youtube.com/watch?v=ZBKAnxztTUU>



Progressive Muscle Relaxation
(MY Psychology & IM4U)
MY Psychology • 133 views

Progressive Muscle Relaxation involves systematically tensing and relaxing your muscular group in order to help you to relax

Further Help & Support

If you find your anxiety prolonged and symptoms severe or difficult to control, despite trying out these strategies, please seek help:

- Speak to your GP, a trusted friend, family member, tutor or supervisor.
- Contact the university counselling service on: [0162084012](tel:0162084012) or email: ruok@reading.edu.my
- Befrienders Johor Bahru Helpline (call & whatsapp): [07-3312300](tel:07-3312300), email: sam@befrienders.org.my



HOPE THIS HELPS YOU
COPE WITH YOUR
ANXIETY

Happy Trying!

Kindly scan the QR code
and give us your feedback if
you have use the kit, for
future improvement

