

# 5 STEPS FOR OVERCOMING ANXIETY

Negative thoughts don't have to control you.  
These small steps can help you escape feelings of unease.



## 1. DEFINE YOUR ANXIETY

What exactly is worrying you and why?  
Take a moment to identify and name the source of your anxiety.



## 2. BREAK THE SILENCE

Talk about your anxiety and bring it into the open.  
Your concerns don't have to stay hidden.



## 3. CHALLENGE YOUR FEARS

Is what you are worrying about really going to happen?  
Fears can be exaggerated. You're braver and more capable than you realise.



## 4. DECONSTRUCT THE PROBLEM

Break your anxiety into smaller, more manageable components.  
Instead of one big problem, solve several smaller ones; this is less daunting.



## 5. EMBRACE COURAGE

Focus on building courage rather than eliminating fear.  
Everyone feels anxious, but in time courage will help you move past your worries.

**Remember... thoughts aren't facts! Anxiety lives within us all. It can be managed through awareness, practice and talking things through.**

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