SOCIAL MEDIA READY RESOURCES

FIVE KEYS TO COMBAT ANXIETY

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**FIVE KEYS TO COMBAT ANXIETY**

Anxiety is that feeling of worry, nervousness, or unease about something where we are unsure of the outcome. It is normal to have anxious feelings at time of uncertainty and sudden change. What isn’t normal is when feeling unsettled prevents you from doing everyday activities. If this starts to happen you may need to seek help from someone you trust.

**Here are five keys to combatting anxiety this week:**

1. **ACCEPT:** When it is a strange and difficult time, it is okay to give yourself permission to grieve and feel sad about how different life looks to help you come to a place of acceptance.
2. **ENGAGE:** Seeing someone’s face and hearing their voice always leads to a greater sense of connection than just texting to chat or posting images online.
3. **MOVE:** Exercise gets rid of adrenaline and causes the release of endorphins which is a happy hormone!
4. **PAUSE:** Taking time out means being thankful for the good things that you do still have in your life.
5. **LEARN:** Keeping your mind active through studying and learning can be good for your mental health.

For more advice, ideas and a fresh perspective on dealing with anxiety visit the Ethos Blog today <https://www.grace-foundation.org.uk/five-keys-to-combat-anxiety/>

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