

How to deal with fear and anxiety

By Niamh



Bullying can cause fear and anxiety around certain situations. Here are my top tips for anyone experiencing bullying.



Listen to your favourite songs:

This is good for taking your mind away from the situation and focusing it on something that brings you joy.



Listen to podcasts:

Listening to a podcast on a topic that you enjoy can really help you to forget about your worries and bring a smile to your face. Listening to podcasts on mindfulness can help to ease your mind and help you to relax in your free time.



Exercise:

This is one of the best ways to improve your mental health. It seems boring but going for a walk with a friend or parent can really help to clear your mind and give you a sense of support during your struggles.

Read your favourite book:

Pick out your favourite book and set a timer for one hour. Reading for just one hour a day can help decrease stress levels and allow you to have time to relax.



Speak to someone you trust:

It is never good to bottle up your emotions from others. Talking to a trusted person in your life can feel like a weight off your shoulders and give you the support and advice needed to help fix your situation. It may be scary taking that first step but once you do, you will be able to feel less anxious and fearful of what is going on.

Have a movie night:

Grab some popcorn and sit down to watch your favourite movie. You can do this with friends, family or just take the time to yourself to relax and enjoy some of your favourite moments on screen.

