



Managing Anxiety

Theme for July : Mental Health Awareness,
Emerging after Lockdown

This week's theme is Managing Anxiety.

Anxiety happens when we are worried, nervous or apprehensive about something about to happen and thinking about what might happen in the future. Anxiety is a natural response to a perceived threat. Anxiety is something we all experience at times.

This week I want to signpost you to Every Mind Matters, an NHS-approved organisation, where there are practical resources for you to explore what anxiety is, its causes and possible sources of support.

[You can access the website here](#)

If you prefer to receive information, visually Professor Paul Salkovskis, Consultant clinical psychologist, who gives tips on Managing Your Anxiety. The video is 3.30 mins and is subtitled.

[You can find it here.](#)

The Mental Health Access Pack

On 8th July our theme was Theology of Mental Health, so I highlight the Mental Health Access Pack, produced by three organisations: Livability, The Mind and Soul Foundation and Premier Life, who teamed up to provide the church with reliable, Christian-based resources. These present facts on key mental health issues – all in one place! This site also signposts you to other trusted organisations, including Christian charities working in this field. [The pack on Anxiety can be found here.](#)

Finally, 'See life as it is, but focus on the good stuff' a poster for your wall as a positive reminder from our friends [@actionhappiness](#) [can be found here.](#)