

## A QUICK GUIDE

# Navigating High Functioning Anxiety

Seemingly successful, yet feeling overwhelmed? You might be dealing with high-functioning anxiety. Discover potent mind-body strategies to cultivate calmness in this concise guide.

## 1 Understand Your Anxiety

High functioning anxiety hides stress beneath success. By understanding it, you can manage it better and find more peace.

## 2 Unravel Negative Thoughts

Be aware of self-critical "should" statements. Avoid basing judgments on assumptions or unverified beliefs.

## 3 Nurture Healthy Relationships

High-quality connections are vital for emotional wellbeing. Spend time with those who make you feel secure.

## 4 Cultivate Mindfulness

Mindfulness and meditation foster calm, build resilience, and help regulate the nervous system.

## 5 Leverage Breathing Techniques

Breathing controls your emotional state. Long exhales switch your system from overactive to relaxed.

## 6 Tame Perfectionism

Strive for excellence, not perfection. Prioritise progress and learning, avoiding destructive perfectionism loops.

## 7 Manage Time & Energy

Prioritise urgent tasks and align them with your body clock for optimum productivity and lesser overwhelm.

## 8 Prioritise Self-Care

Engage in deep breathing, gentle movement, and connect with loved ones to replenish energy and foster calmness.

## 9 Embrace Self-Compassion

Kindness towards yourself can reduce anxiety and stress, fostering mental and emotional wellbeing.

## 10 Seek Professional Support

Discuss anxiety with loved ones. If you're struggling, seek professional help. Remember, asking for support is strength.

If you crave more in-depth knowledge, visit our website.