

Your Virtual Guide to improve your  
Mental Health and Wellbeing.

# Tips to deal with Nervousness

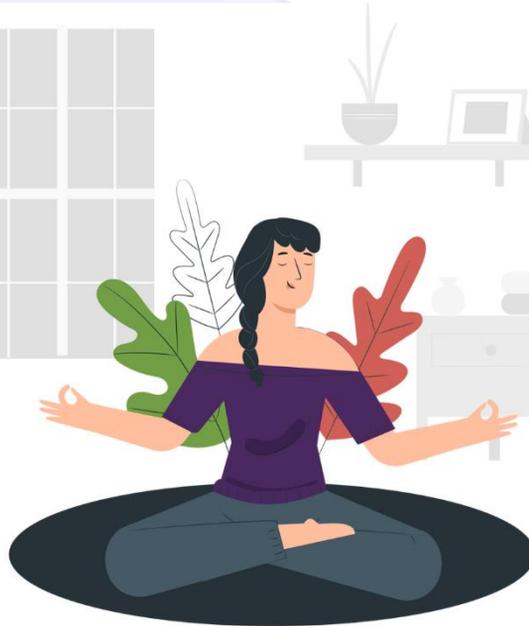
This self-help guide was made to help  
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for  
a **Psychological Coaching** with our Clinical  
Psychologists.



## NERVOUSNESS

We all feel worried or nervous from time to time. Anxiety is a normal human reaction to stressful situations. However, for people with anxiety disorders, those fears and worries are not temporary. Their anxiety persists, and may even worsen over time.



## RECOMMENDATIONS FOR DEALING WITH NERVOUSNESS

1. **Establish a routine.** Just like when you set up a weekly exercise plan, the more you get used to your routine, the easier everything becomes. Create a daily routine that works for you and try to stick to it responsibly, this will help make your day-to-day life more predictable which will help you manage your anxiety.

It doesn't matter if you are a morning person or a night owl: set for yourself a task plan that you can stick to, that allows you to be more productive and that you can maintain throughout the week. It is proven that your body naturally responds to repetitive behavior.

2. **Relaxation and breathing exercises.** Relaxation and breathing techniques help us relax, and thus decrease anxiety, fear or panic. It takes only a few minutes and it can be done anywhere. You can do it

standing, sitting on a chair that supports your back or lying on a bed or yoga mat on the floor.

You will benefit the most if you do it regularly, as part of your daily routine.

3. **Do physical activity.**

Exercise won't make your anxiety go away, but it will reduce some of the emotional tension you're feeling, clearing your thoughts and allowing you to face your problems more calmly.

Being active is not only great for your health and fitness. Evidence has also shown that it can improve your mental well-being by:

- Boosting your self-esteem.
- Helping you set goals or challenges, and achieving them.
- Causing chemical changes in your brain that can help positively by changing your mood.

4. **Keep in touch with other people.** A good support network from colleagues, friends and family can ease your work problems and help you see things in a different way. If you don't communicate with others, you won't have the support to turn to when you need help.

The activities we engage in with friends help us relax. We often laugh a lot with them, which is an excellent stress reliever, talking to a friend will also help you find solutions to your problems.

5. **Not doing everything at once.** Establish small goals that you can easily achieve, you can use to-do lists to better organize yourself. Find time management guides [here](#).

6. **Changing what is possible.** It is not always possible to change a difficult situation. Try to focus on the things you have control over.

For example, if your company is firing people, there's nothing you can do about it. So, in a situation like that, you should focus on the things you can control, such as looking for a new job.