

# Top Tips

# Coping with fear

- We all have fears and anxieties. Consider how others may feel if they were in a similar situation to you. The chances are you are not alone
- Take time out – try to distract yourself from the fear eg by playing some music, getting some fresh air or making a cup of tea
- Consider what is the worst that can happen – try your best to keep rational
- Feel the fear and do it anyway – eg expose yourself to the fear head on. This can help to take the power away from the fear so you can control the fear rather than the fear controlling you
- Keep repeating to yourself that you are OK. You may need to keep saying this until the feeling passes
- Don't expect perfection. Life rarely runs smoothly so try to ride the ups and downs rather than battle against them
- Visualise a relaxing scene and allow the positive feelings from the scene to help relax you
- Talk about your fears – you may find that you are not alone. Don't let the fear paralyse you

**“It is hard to fail, but it is worse never to have tried to succeed”**

*Theodore Roosevelt*

# Useful websites

[www.nopanic.org.uk](http://www.nopanic.org.uk)

[www.livinglifetothefull.co.uk](http://www.livinglifetothefull.co.uk)

[www.phobics-awareness.org/  
copingtechniques.htm](http://www.phobics-awareness.org/copingtechniques.htm)

[www.mind.org.uk](http://www.mind.org.uk)

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:

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