

Some resources to help with managing anxiety

Source: Chris Malcolm | Counsellor and Facilitator, Hawkes Bay Prostate Cancer Support Group

What is Anxiety?

NZ Mental Health Foundation <https://www.mentalhealth.org.nz/get-help/a-z/resource/5/anxiety>

Depressions.org.nz <https://depression.org.nz/is-it-depression-anxiety/anxiety/>

Simple Tools - <https://depression.org.nz/get-better/self-help/>

Breathing (slower & deeper) <https://www.healthline.com/health/breathing-exercises-for-anxiety>

Sleep hygiene (learning about what helps you sleep better) - <https://www.healthinfo.org.nz/patientinfo/46895.pdf>

Talk to someone – Connect with whanau &/or friends – or seek professional help.

Mindfulness (the practice of living in & being attentive to the moment)

<https://www.healthnavigator.org.nz/healthy-living/m/mindfulness/>

Mauria ko ōku painga. Waiho ko ōku wheru.

Highlight my strengths. Ignore my weaknesses. [Māori proverb]

APPS

[CalmKeeper \[NZ\]](#)

App for iPhones. Designed by clinical psychologists, this app is designed to assist with managing anxiety and panic attacks by providing immediate access to tools to help you cope. Charge applies.

[CALM Website, Computer Assisted Learning for the Mind \[NZ\]](#)

An online resource created and managed by Dr Antonio Fernando, a senior lecturer at the University of Auckland. The website has tools for coping with stress and managing life.

[Moodgym](#)

The Australian programme at Moodgym is based on cognitive behaviour therapy and interpersonal therapy. It may be useful in reducing depressive symptoms and dysfunctional thoughts. App which provides a range of ways to help young people manage anxiety.

[Clear Fear](#)

An app developed for the teenage mental health charity Stem4, by Dr Nihara Krause, Consultant Clinical Psychologist. Provides a range of ways to help people manage anxiety, based around CBT treatment, to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

You can personalise the app if you so wish and you will be able to track your progress and notice change.

Note the app is an aid in treatment but does not replace it.

[Self Help for Anxiety Management app](#)

The SAM app has been developed by a university team, the content is accurate and based on current psychological models... <http://sam-app.org.uk/>

Counsellor Chris Malcolm has created an adaption of the SAM app, **Sleep.Anxiety.Activity.Mood.**

Read more at <https://prostate.org.nz/wp/wp-content/uploads/2020/04/Ask-SAAM.pdf>