Tips for talking to someone experiencing anxiety

**What not to say**

“What do you have to be anxious about?”

“Just calm down!”

“Worrying won’t solve anything.”

“Other people have it worse.”

**What to say instead**

“How can I help you to feel less anxious?”

“I can see you’re anxious. What can I do to help?”

”Let’s focus on what you can control.”

"Your feelings are valid. What can I do to support you?"

Learn more about anxiety: mentalhealth-uk.org/aboutanxiety