



daylight

# Make peace with your anxiety

Understand how anxiety shows up in  
your body, brain, and life this World  
Mental Health Day.

# Anxiety affects overall health

Anxiety is the most common mental health issue that people face. In fact, over 60% of individuals in the UK experience at least mild symptoms of anxiety.

While short-lived anxiety can sometimes be helpful, intense or prolonged anxiety can lower your overall well-being by taking a toll on your physical and mental health.

On the flip side, research shows that less anxiety can lead to a greater quality of life. The first step to reducing anxiety and boosting your overall mental well-being: understanding how your anxiety manifests.



# Get acquainted with your anxiety

Anxiety shows up differently for everyone. It can be a small pebble in your pond or a giant boulder. Either way, there's a ripple effect that extends to your inner and outer worlds.

Your inner world includes your physical and mental health, personal goals, and outlook on life. Your outer world includes your relationships, work life, and social plans.

To understand how your anxiety impacts your life, take some time to reflect. Keep in mind that you may need professional guidance to explore your anxiety triggers, but it can still be helpful to learn the basics.

Here's how:

## Pay attention to how you feel

Tune into your body and brain to notice your anxiety. You might have physical sensations, such as a racing heart or upset stomach, obsessive thought loops, or feelings of nervousness or dread.

## Journal about your experiences

Write down when and where you experience anxiety most often. Journaling can help you trace your anxiety to specific feelings or situations.

## Talk to someone

Open up to a trusted friend for support, or reach out to a mental health professional for advice.

Investigating your anxiety can be intimidating, but it's an important part of learning how to manage it.



# Manage anxiety with ease

More manageable anxiety can lead to better mental health. Daylight is a digital treatment designed to help you understand and reduce your anxiety. Developed by psychologists and researchers, Daylight teaches you evidence-based CBT techniques that help you build practical coping habits for life.

In just 10 minutes a day, you'll build lifelong skills to reduce tension, re-frame anxious thoughts, and develop helpful behaviours.

In a recent study, 71% of participants using Daylight achieved clinical improvement in anxiety, and 57% reported an improvement in overall mood.

To learn more about how Daylight can improve your mental health, visit [BigHealth.co.uk/Daylight](https://BigHealth.co.uk/Daylight)

[trydaylight.com/nhs](https://trydaylight.com/nhs)

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Daylight is available as an adjunct to usual medical care for generalized anxiety disorder for adults ages 18 and older, without FDA review under their COVID-19 policy.

