



HOW TO APPROACH SITUATIONS YOU'VE BEEN AVOIDING



DELIVERING A PRESENTATION



- Work on a few slides per day
- Practice the presentation on your own or to a trusted person, but not excessively as this can maintain your anxiety



TRYING OUT A NEW ACTIVITY FOR THE FIRST TIME

- Check if friends or family members want to join you
- Schedule or book in a time for the activity as soon as possible
- Remember it's okay not to love the activity the first time



SENDING AN EMAIL YOU'VE BEEN PUTTING OFF

- Set a time limit to write and send the email
- Only check the email once before hitting send. Excessive checking can maintain and increase anxiety



STARTING AN ASSIGNMENT



- Read the assignment instructions
- Complete one section of the assignment each day
- If you get stuck on one section, move onto the next rather than avoiding the task altogether



GETTING A PHYSICAL HEALTH CHECK

- Book an appointment online or over the phone
- Attend the appointment, even if you're tempted to cancel



COMPLETING A TAX RETURN



- Aim to file away one section of the tax return per day. Break bigger tasks into smaller actions
- Reward yourself each time you tick off an item on your return

