

Smoke Alarm



- At their best, smoke alarms save lives. When they're too sensitive, they go off at the slightest whiff of burnt toast and we end up flapping a tea towel to turn them off.
- Our brains can over-react in the same way! Feelings of anxiety are useful to warn us when something's not quite right, but if they're too sensitive we end up feeling permanently on edge.
- How's your anxiety detector system? Is it set about right, letting you know when you need to take action? Or is triggered by the slightest thing, adding to your stress levels?
- What are the things that help you get a sense of perspective on life? A night out with friends? A long country walk? Going for a run, or curling up with a good book? How can you make time to do more of the things that restore your sense of peace and well-being?