

[NHS \(2022\). \*Anxiety and panic self-help\*](https://www.nhs.uk/mental-health/conditions/anxiety/)  
<https://www.nhs.uk/mental-health/conditions/anxiety/>

[Mind \(UK Charity\) \(2021\). \*Anxiety and grounding techniques\*](https://www.mind.org.uk)  
<https://www.mind.org.uk>

[Mental Health Foundation \(2020\). \*Mindfulness\*](https://www.mentalhealth.org.uk)  
<https://www.mentalhealth.org.uk>