

TIPS FOR MANAGING ANXIETY

KNOW THE SIGNS OF ANXIETY

- Uncontrollable worry or dread
- Digestion problems
- Trouble with concentration, memory or thinking clearly
- Increased heart rate
- Changes in energy & difficulty sleeping
- Irritability/ restlessness



SET BOUNDARIES WITH YOUR PHONE

FIND A SUPPORT BUDDY

Ask someone to be your support buddy. Call, text, or video chat them as needed.

A strong social support system improves overall mental health outcomes and the ability to bounce back from stressful situations.

EXERCISE AT HOME

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever.

If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management.

USE A MINDFULNESS OR MEDITATION APP

- Calm
- Headspace
- The Mindfulness App
- Mindfulness Daily
- Smiling Mind
- Take a Break!
- Insight Timer



TAKE BREAKS

Set a timer for every hour to stretch or walk.

CREATE A NEW ROUTINE

People with more daily routines have lower levels of distress when facing problems with their health or negative life events.



DEEP BREATHS

Take 10 deep breaths whenever you're feeling stressed or anxious.