

HOW TO MANAGE ANXIETY

ROUTINE

Having a routine keeps you organized and Focused, and can help calm your worries.

JOURNALING

Writing down your thoughts and feelings can provide an outlet for expressing what's on your mind and help you Process your emotions.

MINDFULNESS

Stay in the Now. When you're feeling anxious, focus on your breathing or the sounds around you to find calm in the present moment.

TALK

Talk to your friends, family, or a group who understands. Sharing your feelings can make you Feel Better and less alone.

ACCEPTANCE

Everyone feels anxious sometimes. Remember, it's a normal part of life and doesn't make You any less Awesome.

Amazon Anxiety Relief Tips

Stephanie Mazzone



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