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0

STRATEGIES TO MANAGE YOUR

ANXIETY

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ENGAGE IN SOME EXERCISE



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CHALLENGE YOUR THOUGHTS



JOURNAL YOUR WORRIES



WORK ON YOUR PROBLEM SOLVING SKILLS



TAKE A DEEP BREATHE AND COUNT BACKWARDS



PRACTICE SOME DEEP BREATHING



UNDERSTAND WHEN YOU START CATASTROPHIZING



PRACTICE SOME SELF CARE



TAKE A BREAK FROM TECHNOLOGY



ACCEPT THAT YOU HAVE ANXIETY



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TRY TO KEEP THINGS IN PERSPECTIVE



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TAKE A BREAK



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET



TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION



SET ASIDE SOME TIME TO WORRY



PRACTICE SOME MINDFULNESS



TRY ENGAGING IN RATIO BREATHING



LISTEN TO RELAXING MUSIC



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



IDENTIFY THINKING ERRORS



ASK YOURSELF: WHAT'S THE WORST THAT CAN HAPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY



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