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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



TALK TO SOMEONE ABOUT YOUR ANXIETY

FOCUS ON THE PRESENT MOMENT



LIMIT THE AMOUNT OF CAFFEINE YOU HAVE



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LEARN WHAT YOUR TRIGGERS ARE

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU



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BUILD A MENTAL HEALTH SUPPORT NETWORK



TRY TO KEEP THINGS IN PERSPECTIVE

FOCUS ON THINGS YOU CAN CONTROL



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 HEPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

William Boericke



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