



Managing Anxiety

Anxiety is normal. It helps keep us safe and lets us know if there's danger. Having some anxiety is okay, but too much can be bad. This sheet provides some tips to help people manage anxiety.

CHANGE HOW YOU THINK

Learning how to solve problems can help you feel more confident and less anxious.

- Learn that you can't control everything, and that's okay
- Try to stay positive
- Learn that everyone makes mistakes, and that's okay too

BE ACTIVE

Exercise can help you relax.

- Spend time outdoors



TAKE A BREAK

Do something relaxing that you enjoy.

- Practice meditation
- Listen to calming music
- Watch funny movies, TV, or videos
- Read
- Paint, draw or doodle
- Play games
- Take a warm shower or bath

TAKE DEEP BREATHS

Taking long, slow breaths in through the nose and out through the mouth can help you relax if you're feeling anxious.

GET SOME SLEEP

Getting plenty of sleep helps your body rest and handle stress better.



LEARN WHAT MAKES YOU ANXIOUS

Write down when you feel anxious.

- Pay attention to where you are, what you are doing and who is with you
- This can help show who or what makes you anxious

AVOID STRESS

It's okay to say "no" to people, especially if you need a break.

- Know when and how to ask for help
- Learn your limits and what situations are stressful to you

TALK IT OUT

Surround yourself with supportive friends and family.

- Express your feelings and talk when things bother you



EAT WELL

Eating healthy foods like fruits and vegetables helps your body work better and handle stress and anxiety more easily.

- Reduce how much caffeine and sugar you eat
- Avoid alcohol, cigarettes, and drugs