

# A Dozen Tips for Managing Anxiety

We all experience anxiety in one form or another at different times in our lives. While some anxiety is healthy, other anxiety can be troublesome. How can we change our thinking? What can we do when it creeps in? This helpful guide offers simple approaches to practice. When you feel an anxious moment coming on try utilizing these skills. You might even consider posting it in a prominent location so you can reflect on it daily.

## THINGS TO THINK

- Stay in the present.
- Don't focus on unhelpful negative thoughts; talk to yourself positively – the way you would talk to your best friend.
- Remember that your anxiety will pass.
- Don't let anxiety stop you from doing what you want to do: tell yourself, "I can do this!"

## THINGS TO DO

- Breathe deeply to 4, hold for 2, breathe out for 4, wait 4; repeat a few times.\*
- Scan your body and relax any tense muscles; practice tensing and relaxing each muscle group: tense for 10 seconds, relax for 10.\*
- Do what you can and accept what you can't.
- Talk to a friend about what's bothering you.
- Get some daily exercise: at home, at a gym, going for a brisk walk, etc.
- Eliminate caffeine and nicotine and minimize sugar.
- Get enough sleep and keep regular hours.
- Do things you enjoy that are soothing and relaxing.

*\* Times can vary to make it comfortable for yourself.*

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