HOW TO DEAL WITH STRESS AND ANXIETY

MIND



Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?

Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones

Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

BODY



Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.

Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.

Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!

Exercise daily.

Exercising can help you feel good and maintain your health

ACTION

Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

10 Slowly count to 10.

Repeat, and count to 20 if necessary.

Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.

Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. www. mhascreening.org

Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

To access webinars, blogs, and other tools to help you manage stress and anxiety visit: www.adaa.org

MHA Mental Health America

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