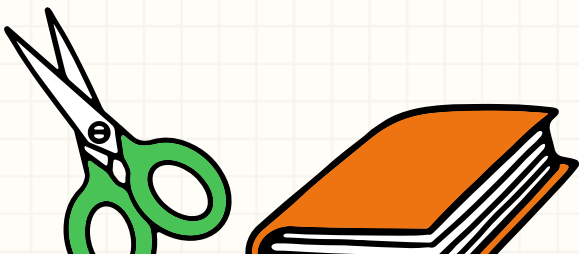


# ELEVEN TIPS

## FOR COPING WITH ANXIETY

---

1. KEEP ACTIVE (I.E. EXERCISE)
2. PARTICIPATE IN ACTIVITIES THAT REDUCE YOUR STRESS (I.E. HAVE FUN)!
3. GET PLENTY OF SLEEP
4. EAT A HEALTHY DIET
5. DRINK PLENTY OF WATER
6. SOCIALIZE WITH FRIENDS
7. IDENTIFY YOUR ANXIETY TRIGGERS AND LIMIT THEM
8. FORM A PLAN
9. ACTIVATE YOUR FAITH
10. ASK FOR HELP
11. SEEK THERAPY



SOURCE: [HTTPS://PSYCHCENTRAL.COM/ANXIETY](https://psychcentral.com/anxiety)  
IN THE EVENT OF AN EMERGENCY TEXT 988

