HOW TO DEAL WITH STRESS AND ANXIETY

Take a time-out.



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

Limit alcohol and caffeine.



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

Exercise daily.



Exercising can help you feel good and maintain your health.

Slowly count to 10.



Repeat, and count to 20 if necessary.

Accept that you cannot control everything.



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

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.

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.

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!



Take deep breaths.

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



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.



Get help online.

Lantern offers online programs guided by professional coaches to help you turn healthy anxiety management into a habit. (Sponsored)



ADAA members also offer these helpful free resources:

Podcasts Webinars Blog Posts Videos

ADAA

Anxiety & Depression Association of America

Triumphing Through Science, Treatment, and Education