



## Purpose

Anxiety can present itself with a wide variety of emotions and can look different for everyone. Regardless of how your anxiety manifests in your life, having skills to help combat and manage these feelings is crucial.

## Tips for Managing Anxiety

### **Focus on yourself**

This could be spent reading a good book, engaging in your favorite hobbies, going for a walk, or relaxing at home. If you want to remove all possible external distractions, an example of doing this could be you can take steps by setting your phone on do not disturb.

### **Make time to write**

Try writing down your thoughts or feelings. Often, seeing stressful thoughts written out can help make them tangible and feel less overwhelming.

### **Challenge yourself**

If you are comfortable, try to challenge the negative or anxious thoughts running through your mind. Trying to understand and dispute the feelings itself can empower yourself and overcome the underlying reasons you are experiencing anxiety.

### **Center yourself**

Focusing your thoughts and attention on tangible items that are around you can help with racing thoughts and feelings. Other ways of working on finding your center could be practicing deep breathing and grounding exercises.

### **Shift your focus**

Find something that resonates or interests you. Whether reading a book, taking a hot shower, researching topics, or even visiting a sauna, completely shifting away from the anxiety itself and replacing it with something you enjoy can allow you to alter your current state of mind.



## **Get moving**

Some options could be following a home workout routine, going for a run, or a walk around your neighborhood. Physical activity does not need to be strenuous, just something to get your heartbeat elevated.

## **Release tension in your body**

Take time to bend or move your body. Practicing yoga, pilates, meditation, or even deep stretching releases physical and mental strain. These can be great ways to start feeling grounded, refreshed, and present in the moment.

## **Consider what you are consuming**

Be mindful of the amount of caffeine and sugar in your diet. Caffeine and high amounts of sugar can make your body feel jittery and unfocused. If you find that the anxiety comes after you eat sugary foods or consume caffeine, consider cutting back to see if it has a positive effect.

## **Natural remedies**

Look into natural remedies that have calming properties. Various teas, such as chamomile, or lavender products like essential oils, incense, or dried lavender, can be helpful.

## **Be sociable**

Surround yourself with other people, whether it be a group or just another individual. If you find this challenging, be mindful of your comfortability while making a decision and taking steps to be sociable and interact with others. Being sociable will look different for everyone. This could be something as simple as watching TV with somebody or something more involved like grabbing lunch or participating in organized sports.

## **Speak to a doctor**

Suppose you are finding yourself concerned about your anxiety, noticing symptoms increasing, or cannot find any relief. In that case, it can be beneficial to speak with your doctor about what you are experiencing. A doctor can advise you on the next steps that would be best for you based on the information that you share.