

Coping With Anxiety

10 STEPS

- 01** Deep breathing exercises. Breathe in for 4, hold for 4 and exhale for 6.
- 02** Get your body moving. Try yoga, walking, dancing, or running.
- 03** Confront some of your anxious thoughts and test them for accuracy.
- 04** Get enough sleep. Develop a bedtime routine that is comforting and relaxing.
- 05** Take 5 minutes to meditate. When you find yourself getting distracted, bring your attention back to your breathing.
- 06** Schedule worry time. Take time to just worry without feeling like you have to find a solution.
- 07** Journal about people, places, and things that triggers your anxiety.
- 08** Focus on positive thoughts to help balance the negative ones.
- 09** Ask for help. Consult with a therapist experienced with treating anxiety.
- 10** Practice self-care. Get a massage, take a day off or set healthier boundaries.