

6 Tips for Managing Your Own Anxiety

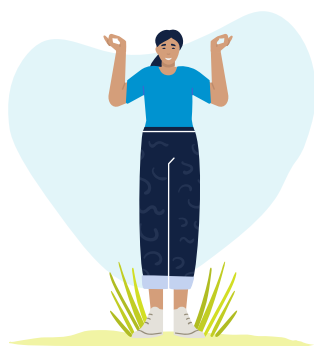


Everything on this list has the potential to lift your mood and get you back on track.

Anxiety. That horrible feeling that can leave you physically, socially and emotionally rattled, worried, fearful and worn out. You might not necessarily know why you're anxious, but you know the feeling for sure. If you're comfortable, reach out to a friend or trusted ally. There are lots of things you can do for yourself too! Different things work for different people, so see which of these appeal to you.

1. Exercise releases endorphins. Endorphins make you feel good. What is good for the body is good for the brain.

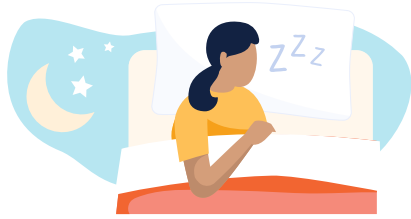
- Go outside.
- Go for a walk or hike. Even better, go with a friend or your pooch.
- Go swimming.
- Or roller skating or biking.
- Shoot some hoops.
- Play catch with a friend.
- Do some yoga at the park.
- Plant a tomato.



2. Meditate for 10 or 15 minutes. Endorphins again.

- Stop, take a step back, observe, then proceed mindfully.
- Find a quiet place where you can sit for 10-15 minutes.
- Turn on some quiet music.
- Close your eyes and concentrate on your breath.
- Try this breathing strategy: inhale for 4, hold for 4, exhale for 4, hold for 4.
- As thoughts come into your consciousness, let them float like clouds, or a leaf down a river, or train passing by.
- Imagine each new breath bringing you new life.

6 Tips for Managing Your Own Anxiety

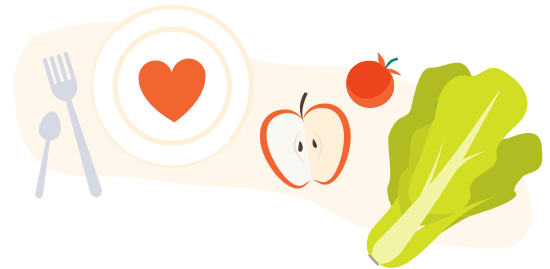


3. Try to sleep 8–10 hours per night. You need your Zzzz's.

- Dark and quiet room.
- Not too hot or cold.
- No devices.
- Establish a consistent sleep routine and regular bedtime routine.
- Limit caffeine intake.
- Move your body during the day.
- Try some of your meditation tools to help you get to sleep.

4. Food really does make a difference.

- Believe it or not, a warm frothy mug of milk with a little vanilla can calm you down.
- So can chicken soup!
- Drink plenty of water!
- Lots of fruits and veggies.
- Keep an eye on the caffeine; too much can get you jittery.
- Same for sugar.



5. Stay connected with friends.

- Talk it out.
- Laugh.
- Make music together.
- Dance.
- Go for a walk or bike.
- Make brownies.
- Grab coffee or a snack.
- Do something silly.

6. Pet your pet.

- Being around pets can lower your blood pressure.
- Try talking to them or petting them.



Find this PDF online at: chconline.org/living-with-anxiety-tips