Tips for Managing Anxiety

1. *Take a moment and stop for 30-seconds. Concentrate on your breathing and clear your mind.*
   This tip applies the Cognitive Behavior Therapy (CBT) skill of counter action to stress. This means you cannot feel two distinctly different feelings at the same time. You cannot feel anxiety and calm at the same time. Taking 30-seconds to calm yourself and concentrate on your breathing causes your body to relax.

2. *Exercise a few times per week. Aim for 30-minutes, but anytime exercising is better than not exercising at all.*
   "Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria. Even just moderate exercise throughout the week can improve depression and anxiety, so much so that some doctors recommend trying out an exercise regimen for these conditions before turning to medication." (Walden University)

3. *Take a quick 5-minute walk around the office or outside if possible.*
   Similar benefits to exercise.

4. *When you feel your anxiety increasing, write down your thoughts.*
   By writing down your anxiety thoughts it calms your mind, helps to release pent-up feelings and stress, and helps you release negative thoughts.

5. *Do a daily meditation.*
   Participating in daily medication will help you gain a new perspective on stressful situations, build skills to manage your stress, increase self-awareness, focus on the present, reduce negative emotions, increase imagination, creativity, patience, and tolerance.

6. *Identify triggers.*
   These are emotional triggers that are rooted in panic and stress. They are characterized by anxiety or nervousness that seems to come from nowhere and is centered around the trigger. In many cases, anxiety triggers coincide with anxiety disorders.

7. *Use Cognitive Behavior Therapy techniques.*
   CBT is based on several core principles, including:
   * Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
   * Psychological problems are based, in part, on learned patterns of unhelpful behavior.
   * People suffering from psychological problems can learn better ways of coping with them, thereby
   relieving their symptoms and becoming more effective in their lives.

8. *Assess your diet and make healthy choices.*
   When you stick to a diet of healthy food, you're setting yourself up for fewer mood fluctuations, an overall happier outlook and an improved ability to focus, Dr. Cora says. Studies have even found that healthy diets can help with symptoms of depression and anxiety.

- **These are tips and not advice. If you are experiencing anxiety, please communicate with a healthcare professional.**