

# 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.

## Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



## Limit alcohol and caffeine.



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

## Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



## Exercise daily.



Exercising can help you feel good and maintain your health.

## Take deep breaths.

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



## Slowly count to 10.

**10**

Repeat, and count to 20 if necessary.

## Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



## Accept that you cannot control everything.



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

## Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones.



## 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.

## 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.



## 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.

## Get help online.



ADAA member experts also offer these helpful free resources:

Podcasts • Webinar • Blog Post • Videos