

# HOW TO DEAL WITH STRESS AND ANXIETY

## ACTION



### Take deep breaths.

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

# 10

### Slowly count to 10.

Repeat, and count to 20 if necessary.



### 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.



### Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



### Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health.  
[www.mhascreening.org](http://www.mhascreening.org)



### 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.

To access webinars, blogs, and other tools to help you manage stress and anxiety visit:

[www.adaa.org](http://www.adaa.org)



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# MIND



## Accept that you cannot control everything.

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



## Do your best.

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



## Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



## 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.

# BODY



## Limit alcohol and caffeine.

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



## Eat well-balanced meals.

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



## 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

