

TIPS for MANAGING ANXIETY

- 1. Manage The **Body****
 - * Eat right & exercise regularly
 - * Avoid alcohol, nicotine, sugar & caffeine
- 2. Be Mindfully **Aware****
 - * Breathe deeply to slow down or stop the stress response
 - * Notice the body, then shift awareness away from the body
 - * Recognize you have control
- 3. Don't Listen When **Worry** Calls Your Name**
 - * Worry is a habit that occurs when the brain is firing 'wrong'
 - * Learn to relax muscles & reduce tension in the body
- 4. Know, Don't Show, **Anger****
 - * Feel & admit to anger
 - * Learn to safely express anger
- 5. Have A Little **Fun****
 - * Get in touch with fun & play
- 6. Turn It **Off****
 - * Close eyes; imagine an open container; name each issue or worry; put it into the container; close the lid
 - * Invite a peaceful thought
- 7. **Interrupt** Persistent Thoughts**
 - * Consciously stop and replace worrying thoughts
- 8. Worry **Well**, But Only Once**
 - * Worry through issues; set a time to think about it again; remind yourself of the date
- 9. Learn To **Plan**, Not Worry**
 - * Identify the problem
 - * List problem-solving options
 - * Select & write a plan of action