

Anti-Anxiety Tip Sheet

Here are 8 ways to help minimize the negative effects of anxiety.

1

Take a time-out.

Stepping back from a problem helps clear your head. Try yoga, listen to music, meditate, get a massage, go for a walk, or take a nap.

2

Talk to your doctor.

Don't suffer in silence. Your doctor can guide you to the right medication and/or therapy to help you start feeling better, faster.

3

Get moving.

Exercise reduces anxiety and helps you feel good. Set small, specific goals (“walk for 30 minutes every day”) and aim for daily consistency rather than marathon workout sessions.

4

Watch what you eat.

Anxiety can wreak havoc on your diet — maybe you're overeating, or skipping meals entirely. Try to eat well-balanced meals and keep healthy, energy-boosting snacks on hand. Limit alcohol and caffeine, which can worsen anxiety and trigger panic attacks.

5

Be curious.

Pay attention to your body sensations, thoughts, and emotions when you're feeling anxious — does your face feel hot? Is your heart beating rapidly? When you notice and name these anxious feelings, you are already less caught up in them, simply by observing them.

6

Take time to self-reflect.

Learn what triggers your anxiety. Is it work, family, friends, or something else you can identify? Write in a journal when you're feeling anxious, and look for a pattern.

7

See the big picture.

Identify what's causing your anxiety, then put things in perspective: Is it really as bad as you think? Will this matter a month or a year from now?

8

Learn to accept it.

Anxiety is a normal emotional response that we all have. If you can accept anxiety as a part of life, you can learn to relate to it with self-compassion and even humor — a good laugh goes a long way!