



# HOW TO DEAL WITH STRESS AND ANXIETY

## 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.

*I am confident and worthy*

## 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.



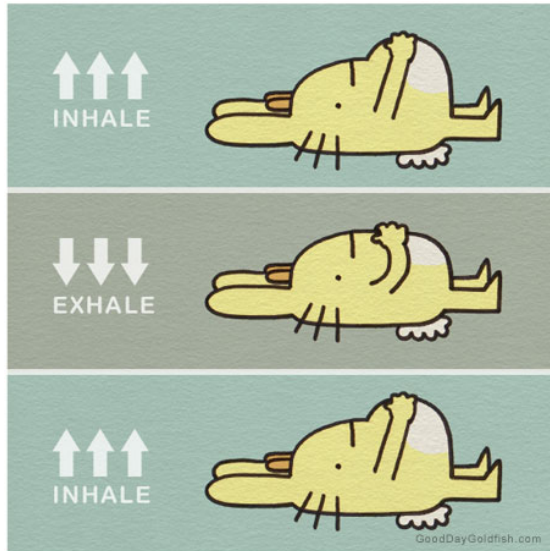
**Take a time out.**  
Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



**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.mhascreeing.org](http://www.mhascreeing.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.



# HOW TO DEAL WITH STRESS AND ANXIETY

## 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.

For more mental health information and resources visit: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)



5 4 3 2 1  
GROUNDING TECHNIQUE

5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell  
1 thing you can taste

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)