**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.

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

**Exercise daily.**
Exercising can help you feel good and maintain your health.

**Slowly count to 10.**
Repeat, and count to 20 if necessary.

**Accept that you cannot control everything.**
Put your stress in perspective: Is it really as bad as you think?

**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.

**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.

**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!

**Take deep breaths.**
Inhale and exhale slowly throughout the day when you are feeling stressed.

**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.

**Get help online.**
Lantern offers online programs guided by professional coaches to help you turn healthy anxiety management into a habit. (Sponsored)

ADAA members also offer these helpful free resources:
- Podcasts
- Webinars
- Blog Posts
- Videos

[ADAA](https://www.adaa.org)  
Anxiety & Depression Association of America  
Triumphing Through Science, Treatment, and Education