

# 10 Helpful Hints to Cope with ANXIETY

1. When you feel your anxiety growing, SLOW DOWN. Take a few deep breaths and get yourself to let go of the tension. Remember, this too will pass.
2. Try to meet your fears head-on. At times it is natural to be afraid, just make sure that what you fear really does exist. You can overcome your fears once you understand the reasons behind them.
3. Keep looking for different ways to deal with stress. Set aside some time each day and do something you enjoy. Physical activities like going for a walk or working around the house will help take your mind off your worries. You might try talking out your anxieties with a friend.
4. Put yourself first and learn to say no. How can people know how you feel unless you tell them? Stand up for your rights.
5. Protect yourself. If you are not sure you are ready to handle a certain situation, put it off until you are ready.
6. Don't be afraid to make decisions and to stick to them.
7. Concentrate on today. Yesterday is over, and what happens tomorrow depends on how you handle today.
8. Take care of yourself physically. Stay in shape and work off excess tension by exercising several times a week. Regular exercise will also help you sleep better.
9. Proper diet is just as important as exercise. Make sure you are eating regular, well-balanced meals, and avoid stimulating drinks like coffee whenever possible. Remember, physical and emotional health go hand in hand.
10. Your doctor might prescribe medication as a first step in helping you cope with your anxiety. This medication is beneficial because it does provide short-term relief, but it should not be used as a substitute for coping on your own. Talk to your doctor about the causes of your anxiety.