



### **Anxiety Management Tips:**

- 1. Recognize that you are feeling anxious. Is your heart rate faster than normal? Are you breathing faster? Is your mind racing? Try to recognize the emotion.**
- 2. Breathe. An effective strategy is 4 x 4 x 4 x 4 breaths. Inhale for four seconds, hold for four second, exhale for four seconds and repeat 4 times. This is thought to flood the pre-frontal cortex of our brain, the decision-making center, and promote feeling calm.**
- 3. Stay present. When you find your mind worrying about things that have yet to happen, stop, catch yourself, and create new moments. Focus on the now, what you are hearing, seeing, smelling, explore all the senses to stay in the moment you are in.**
- 4. Use humor. If you are getting caught up in the feeling of worry, play a funny video, song, or good memory to change that feeling. Laughter decreases heart rate, blood pressure and increases oxygen levels.**
- 5. Take a hike. Walking outdoors when stressed can lower the stress response and reduce feeling of anxiety by increasing neurochemicals like serotonin, GABA, and endorphins.**
- 6. Try to prevent anxiety by engaging in healthy behaviors like getting enough sleep (7-8 hours for adults, 8-11 for teens), eating a nutritious diet, limiting caffeine, and avoiding alcohol.**
- 7. Accept that you cannot control everything. Realizing that you can only control some things in life helps bring understanding and manage expectations.**
- 8. Develop a list of coping tools that work for you; Journaling, meditation, deep breathing, talking to a trusted friend, distraction, planning instead of worrying, set limits on time spent worrying (set a 10-minute timer), challenge distorted beliefs.**