

TIPS FOR MANAGING ANXIETY

Tips, Tricks and Tools to Try



LEARN ABOUT ANXIETY

Knowledge is power. Learning more about your anxiety is always a good tip. It will help you learn and understand why you do what you do.

RELAXATION TECHNIQUES

Learning meditation, abdominal breathing and progressive muscle relaxation can all help people with anxiety learn how to relax.

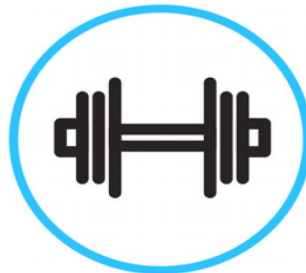


DIETARY ADJUSTMENTS

Eat foods high in vitamin B, magnesium and calcium. Avoid foods high in salt, caffeine, addictive additives and preservatives

EXERCISE

There's a proven link between exercise and mental health. Exercise will burn up stress chemicals and promote relaxation.



BUILD SELF-ESTEEM

Anxiety can make people feel ashamed, worthless and isolated. Make a list of ten things you love about yourself, ask others to make lists, and look at them everyday.

BEST

Bringing Empowered Students Together