

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.

For mental health information and resources visit:
www.mentalhealthamerica.net

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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.

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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
- 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.

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Coping with generalized anxiety disorder

This self-help page is for people with mild/moderate generalized anxiety disorder (GAD) symptoms. In case you doubt the severity of your GAD symptoms, please contact a professional.

Step 1: Monitor your feelings

Keep a diary with the following information:
- A worry score (0-100). How much have you been worrying today? You can compare your amount of worries with that of yesterday to get a relative score for today.
- An anxiety score (0-100). How anxious have you been feeling today? You can compare yesterday's anxiety score with today's.

Step 2: Understanding the nature of your worries

- For each day write down when and what you've been worrying about. Classify your worries as being either functional (about current problems) or dysfunctional (about hypothetical situations).

Step 3: Managing your anxiety and worries

- Deal with the functional worry topics first. Think of a few solutions for each topic and use the best solution to solve the problem.
- Regarding dysfunctional worrying: reduce anxiety and worry levels by:
1. Breathing exercises.
2. Muscle relaxation exercises.
3. Exposing yourself to the uncertainty your experience when you are NOT worrying. Create a list with things you do to get rid of these feelings of uncertainty (rereading an email before sending it/making a to-do list) and force yourself to NOT do these things. I strongly recommend you to contact a therapist for this step.

Deze afbeelding is van www.brendapsychology.com
This self help page is not a substitute for professional counseling.
For a more detailed explanation and theoretical background, go to the website -> generalized anxiety disorder -> coping with generalized anxiety disorder

be mindful NOW



- Breathe In, Breathe Out -** Feel the flow of the breath
- Be Aware of every Daily Activity** (driving, texting, cleaning, etc.)
- Pay attention to all your Senses -** for ex: notice the taste, texture of food.
- Go Outdoors -** Walk Around in Nature
- Empty the Mind -** Take a few moments to be still
- Forgive Yourself for every Negative Thought**
- As soon as the Mind wanders,** bring it back to your Breath
- Be Grateful -** Say Thank You to Nature, People and Things.
- Practice Non-Judgemental Listening**
- Go Easy on Yourself -** with time, you will see the progress!

Breathing Exercise

Slowly Inhale for **5** seconds

Hold it for **5** seconds

& Slowly Exhale for **5** seconds

Breathing exercises can help you cope with shortness of breath, along with other common anxiety and panic related symptoms, such as decreasing accelerated heart rate and relieving muscle tension. Additionally, diaphragmatic breathing exercises shifts focus towards the rhythm of your breath, clearing the mind of anxious, fearful, and negative thoughts.

panicdisorder.about.com

You Are Not Alone

THE DIMENSIONS OF SELF-CARE



PHYSICAL

Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress, your dental/medical check-ups, and sexual health.



INTELLECTUAL

Intellectual self-care involves your personal growth, continuous pursuit of learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.



SOCIAL

Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.



SPIRITUAL

Spiritual self-care involves the beliefs and values that guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life.



EMOTIONAL

Emotional self-care involves awareness of your feelings and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and a love for ourselves and others.

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The Gottman Institute