



Anxiety self-help tips

Eat right and exercise

Avoid anxiety by taking care of yourself. If you don't take care of your body, other anxiety self-help techniques may not work properly.

Relaxation exercises

Relaxation exercises help relieve stress and create calm. Breathing exercises, yoga and meditation may all help.

Make time for yourself

By making time for friends, spending time on hobbies, or just getting some fresh air will help to reduce your overall stress levels

Don't struggle alone

No one can do everything, so ask for help from others when you feel you have taken on too much, or feel overwhelmed.

Change your attitude

Focus on the positive, the things you are grateful for, and remember that anxiety is only temporary, it will pass.

Get a sleep routine

Your body craves a routine, so go to bed and wake up at the same time each day and your body will reward you with quality sleep.

