

# Managing Anxiety

When you're feeling anxious or stressed, these strategies may help you cope:

**Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

**Exercise daily** to help you feel good and maintain your health.

**Get enough sleep.** When stressed, your body needs additional sleep and rest.

**Limit alcohol and caffeine**, which can aggravate anxiety and trigger panic attacks.

**Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

**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.\*



\*Contact your local Employee Assistance Program to speak with a professional about your anxiety. Visit [www.livingwell.utsystem.edu/eap.htm](http://www.livingwell.utsystem.edu/eap.htm) for details.

*This benefit is available at **no cost** to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*