

TIP OF THE WEEK



Managing Anxiety

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

Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting meals 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 how 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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