



FACT SHEET

Managing anxiety & stress: Coping strategies

Try these when you're feeling anxious or stressed



Take 'time out'

Reduce stress by practicing yoga, listening to music, meditating, getting a massage or using relaxation techniques. Stepping back from the problem can help to clear your head.

Eat well-balanced meals

Avoid skipping meals. Keep healthy, energy-boosting snacks on hand.



Limit alcohol and caffeine

These can aggravate anxiety and trigger panic attacks.



Get enough sleep

When stressed, your body needs additional sleep and rest. Reduced sleep impairs the brain's function, and can cause more problems.

Exercise daily

This will help you feel good and maintain your health.



Count to 10 slowly

Repeat, and count to 20 if necessary.

Give yourself credit where it's due

Instead of aiming for perfection, which isn't possible, be proud of what you have accomplished.



Accept that you cannot control everything

Put stressful situations in perspective: Are things really as bad as you think?

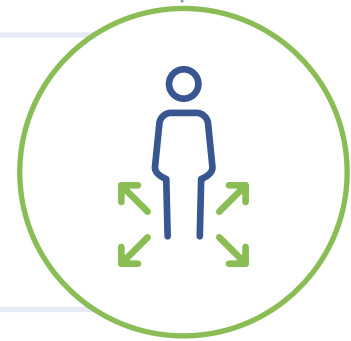


Maintain a positive attitude

Try not to entertain negative thoughts, concentrate on positive ones.

Get involved

Volunteer - or explore other ways to be active in your community. Try to establish a support network to help you to cope with everyday stress.



Learn what triggers your anxiety

Identify factors at work, family, school or elsewhere which cause anxiety. Record incidents where you've felt stressed or anxious in a journal, and look for a pattern.

Maintain a sense of humour

A good laugh goes a long way.



Talk to someone

Tell friends and family if you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.