

10 Tips to Help Cope with Anxiety

<p>1</p> <p>SHAKE IT UP</p> <p>Change Your Surroundings</p> 	<p>2</p> <p>GET SOME SUN</p> <p>Sunshine Delivers Vitamin D</p> 	<p>3</p> <p>EXERCISE</p> <p>Endorphins Are Mood Boosters</p> 	<p>4</p> <p>DEEP BREATHS FROM THE DIAPHRAGM</p> <p>Take 10–12 Deep Breaths</p> 	<p>5</p> <p>SLEEP</p> <p>Prioritize Your Sleep & Rest</p> 
<p>6</p> <p>CREATE YOUR OWN SPACE</p> <p>Someplace That Brings You Joy</p> 	<p>7</p> <p>WELCOME HUMOR</p> <p>Laughter is the Best Medicine</p> 	<p>8</p> <p>BALANCE YOUR THOUGHTS</p> <p>Choose Happy Thoughts to Balance Negative Ones</p> 	<p>9</p> <p>IDENTIFY CAUSE OF ANXIETY</p> <p>Journal to Discover What Brings on Anxiety</p> 	<p>10</p> <p>SHARE WITH FRIENDS & FAMILY</p> <p>Reach Out to Trusted Loved Ones for Support</p> 