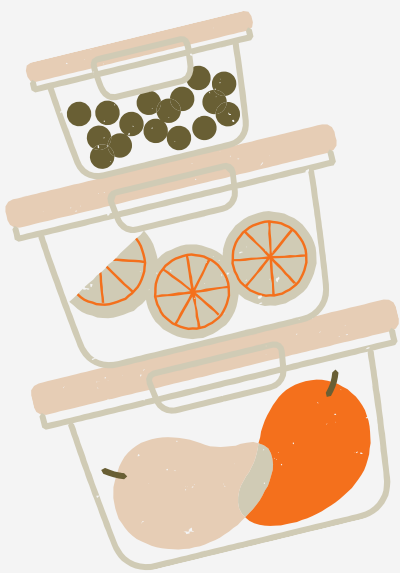


# Tips to Manage Anxiety

## TAKE A TIME-OUT.

Stepping back from the problem helps to clear your head. Practice yoga, listen to music, meditate, get a massage, or practice breathing techniques.

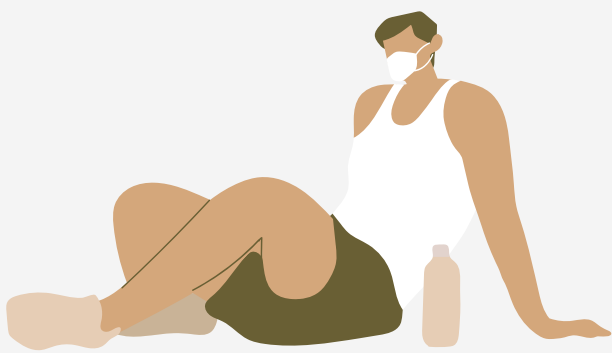
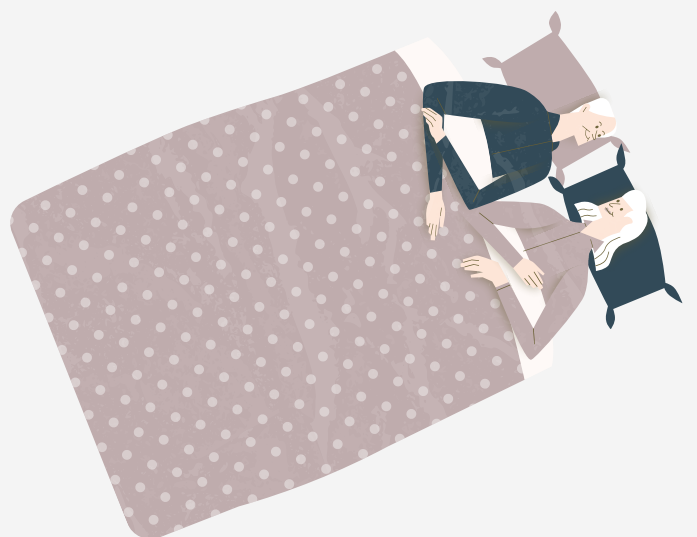


## EAT WELL.

Adopting healthy eating habits helps to reduce anxiety. Eat 2 fruits and 3 veggies a day. Try drinking half your body weight in ounces of water.

## GET ADEQUATE SLEEP

While sleeping, your body works to improve brain function and optimize your physical and mental health. Aim for 7-9 hours nightly.



## EXERCISE DAILY

Improve mood, boost energy, increase socialization, improve sleep & manage weight

## TALK TO SOMEONE.

Tell friends and family that you trust when you're feeling overwhelmed. Let them know how they can help. Talk to a medical provider for help.

