

4 ways to help with anxiety

1 Be friends with your fear

Anxiety can't be ignored or made to go away. Instead of making it worse, try to figure out where it came from.

2 Create your support system

By telling your friends that you're comfortable talking with about what you feel when anxiety hits you up, it could lessen your anxiety.

3 Try a positive affirmations.

Positive affirmations can help you stop your mind from racing with thoughts. You can say them when you need to. Even a simple one like "everything is going to be okay" can be very powerful.

4 Take a deep breath in and out.

You've probably heard that a million times, but it's because it's effective. Closing your eyes and taking a deep breath can help you relax the next time you find your anxiety hitting you kinda hard. It can also have a calming effect on your central nervous system, which can help you feel less stressed.

