



5 TIPS

FOR MANAGING ANXIETY AND INCREASING CALMNESS

LEARN TO BREATHE DEEPLY

Deep breathing can assist to soothe the body and mind and lower anxiety. Try inhaling deeply and slowly through your nose while exhaling through your mouth.

EXERCISE REGULARLY

Exercise can assist to ease anxiety and enhance general wellbeing. Find a hobby you love, and try to get in at least 30 minutes of moderate exercise each day.

PRACTICE MINDFULNESS

Keeping your attention in the here and now helps lessen anxiety and promote relaxation. Consider engaging in mindfulness-enhancing activities like yoga or meditation.

GET ADEQUATE REST

Anxiety and a lack of tranquility can both be caused by sleep deprivation. Set a goal of 7-9 hours of sleep each night and develop appropriate sleep hygiene practices, such as avoiding electronics before bed and developing a calming bedtime ritual.

FIND ASSISTANCE

Seeking treatment from a mental health expert may be beneficial if anxiety is interfering with your everyday life. You may learn from them how to control your anxiety and enhance your general wellbeing.