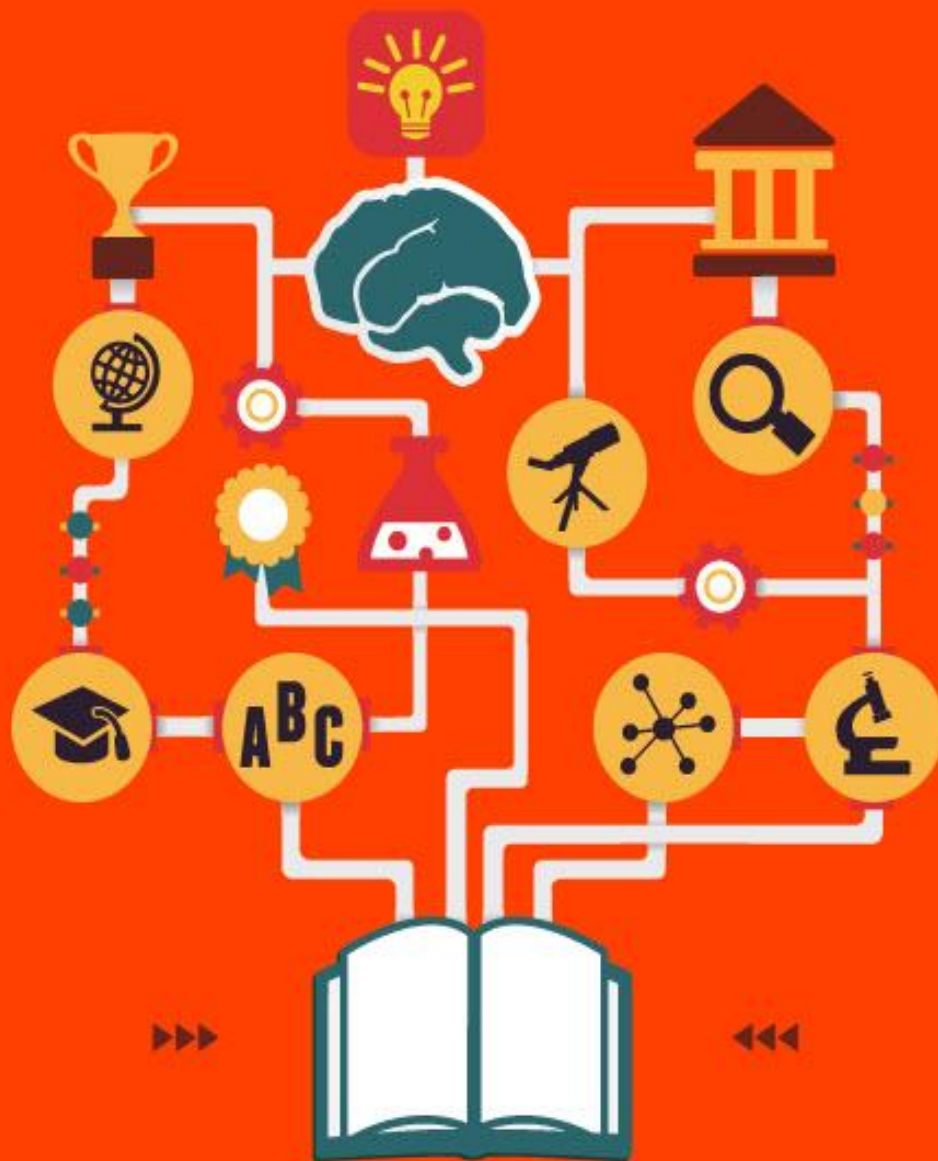


QUICK TIPS

for

Anxiety



Family & Adolescent Counseling Services
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*This QUICK TIPS for ANXIETY includes powerful tips related to **cop**ing with Anxiety.*

*It also includes three actionable steps you can take **right away** and a list of suggested reading for those looking for even **more information**.*

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TOP TIPS

Anxiety can be a problem for people if nothing is done about it. If the problems get too serious, it can lead people to have anxiety attacks, or worse, nervous breakdowns. Life throws us several curves that we need to learn how to cope with daily. Try to relax by following the tips in this article.

1. Learn how to meditate.

Sometimes, this is easier said than done because most people don't recognize the benefits until they practice meditation for a while. In our society of immediate gratification, people give up before they get to that point. Keep going until you start to feel the benefits.

2. Stress and Anxiety are similar afflictions, and exercise helps people manage stress.

By extension, exercise will help people cope with Anxiety, too. It may not prevent Anxiety, but it will help you accept it better.

3. Restrict your use of drugs and alcohol.

Although alcohol is a depressant and Anxiety makes you hyper, it would seem like a natural fit to drink to alleviate anxiety symptoms. It is certainly okay to have one drink on occasion. But, people who suffer from Anxiety tend to overdo it with alcohol. Also, when you drink too much, you will often go into too deep of a sleep which causes you to wake up in the middle of the night. This can lead to an addiction problem and other problems later.

4. Try not to watch intense dramas or the news when you are getting ready to go to bed.

These cause your adrenaline to increase, which only feeds your Anxiety. It's not likely that higher adrenaline causes Anxiety, but adrenaline will exacerbate the problem if you have Anxiety.

5. Talk to people about your problems.

If something is causing you Anxiety, tell someone about it. Whether it's a friend or your spouse, talking can help you reduce the amount of Anxiety you feel. You may still have the Anxiety, but at least you'll feel better when you get it off your chest. Sometimes, when you are calmer, you can face what's causing your Anxiety more manageable.

6. Sometimes, the situation that is causing your stress has no apparent solution.

For instance, your boss may be a total jerk to work for. There isn't much that is going to change that behavior in them. In this case, if it is causing you that much Anxiety, it may be time to find a different job away from that boss. You don't want to run away anytime you aren't getting along with someone. But, in certain circumstances, it's the right thing to do.

7. If the Anxiety is severe, you should seek the advice of a professional therapist.

There is no shame in doing this, as it may be the path that leads you to less Anxiety. It is better than living in that pumped-up state that Anxiety causes.

ACTIONABLE STEPS

1	2	3
<p>Write down each incident that causes your Anxiety to rise. The objective here is to try to identify patterns over time. When you discover these patterns, try to reduce your exposure to the situations.</p>	<p>Learn meditation and practice it. Guided meditations are best for beginners, as the guide can help you do it right. You must continue practicing until you feel the benefits.</p>	<p>Commit to walking at least three times a week. If you can do more, it is even better. Start with short walks and then increase the distance and the intensity. After a while, you will feel comfortable with long power walks. Doing this also gives you a chance to reflect on the situations that may be causing your heightened Anxiety.</p>

FURTHER READING

Click the title below for Amazon.com

- [Dare: The New Way to End Anxiety and Stop Panic Attacks](#)
- [DARE Workbook: New Brave Tools to End Anxiety](#)
- [The Anxiety and Worry Workbook: The Cognitive Behavioral Solution](#)
- [Anti-Anxiety Diet: 4-Weeks Meal Plan To Heal Chronic Anxiety And Depression](#)
- [The Anxiety Handbook: The 7-Step Plan to Understand, Manage, and Overcome Anxiety](#)