

# Coping Strategies to Manage Stress

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## Try these when you're feeling anxious or stressed:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthy, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.

- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know they can help you. Talk to a doctor or therapist for professional help.
- **Exercise daily** to help you feel good and maintain your health.
  - Jog, walk, bike or dance 3-5 times a week for 30 minutes.
  - Set small daily goals for yourself.
  - Find forms of exercise that are fun or enjoyable.
  - Distract yourself by listening to music, audiobooks or podcasts while exercising.
  - Recruit a "buddy" to hold you accountable.

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