

08 TIPS TO ANXIETY THERAPY

THESE ANXIETY THERAPY TIPS WILL HELP YOU TO STAY CALM AND DEAL WITH YOUR ANXIETY DISORDER.

TIP : 1

Take a time-out

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

TIP : 2

Eat well-balanced meals

Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

TIP : 3

Limit alcohol and caffeine

Alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.

TIP : 4

Get enough sleep

When you feel stressed, your body needs additional sleep and rest.

TIP : 5

Take deep breaths

Inhale and exhale slowly and repeat again and again can help you stay calm.

TIP : 6

Accept that you cannot control everything

Put your stress in perspective: Is it really as bad as you think?

TIP : 7

Welcome humor

A good laugh goes a long way and help you to reconnect with your self.

TIP : 8

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

