

# 10 WAYS

## to Cope with *Anxiety*

It's not only those with anxiety disorders that are prone to feeling uneasy every now and then. Life can be stressful, and that can easily lead to distress. Here are 10 tips for managing those uncomfortable feelings.



### *Put Away the Phone*

Repeatedly seeing bad news can be upsetting. Take a daily break from news sites and social media.

### *Rely on Trusted Sources for Information*

When checking the news, seek out information from trusted sources. Misinformation and rumors can lead to uncertainty, fear and even panic.



### *Sleep*

Sleep deprivation has been linked to anxiety disorders. Adults should aim for seven to nine hours of sleep per night.

### *Limit Caffeine*

Caffeine triggers the body's natural "fight or flight" response, which can increase anxiety. Adults should keep caffeine intake to less than 400 milligrams per day.



### *Practice Mindfulness*

Mindfulness is the practice of cultivating awareness of the present moment without passing judgement. It's even being used in classrooms to help students manage anxiety.

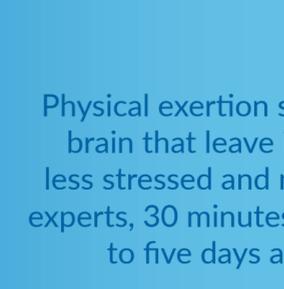
### *Eat Healthy*

Some foods can help people feel calmer, while others stimulate the same "fight or flight" response as caffeine. Consider limiting sweets and processed foods.



### *Limit or Eliminate Alcohol Consumption*

Alcohol alters the serotonin levels in the brain, leaving individuals prone to increased levels of anxiety and even depression.



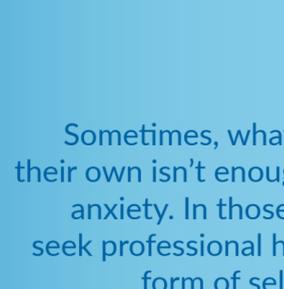
### *Exercise*

Physical exertion stimulates chemicals in the brain that leave individuals feeling happier, less stressed and more relaxed. According to experts, 30 minutes of activity a day for three to five days a week may reduce anxiety.



### *Connect*

Social connection has been shown to improve both physical and psychological wellbeing. On the other hand, social isolation is more detrimental to health than obesity, smoking and high blood pressure.



### *Seek Help*

Sometimes, what an individual can do on their own isn't enough to effectively manage anxiety. In those cases, it may be best to seek professional help. Seeking counsel is a form of self-respect, not weakness.



Davis Behavioral Health is here to help. We have supportive, trained and experienced mental health professionals on staff to help you manage your anxiety during these uncertain times.

DAVIS  BEHAVIORAL HEALTH

*Community • Commitment • Change*

dbhutah.org • 801.797.3102