

# Managing Anxiety and Stress

Stress management starts with determining sources of stress in your life. Look closely at your own habits, attitude and excuses. Sometimes it's all too easy to overlook your own stress-inducing thoughts, feelings and behaviors. Follow these simple steps to decrease your stress and anxiety levels during these difficult times.



## Know the Facts

Sometimes the unknown is what causes the majority of your anxiety. By taking the advice of experts you can help reduce your daily worries.



## Everyone Reacts Differently

It is important to remember that not everyone handles stress and anxiety in the same way. Take the time to discover the strategies that work for you.



## Improve Self Care

Self care is important both physically and mentally. Remember to eat healthy and exercise in addition to your daily emotional wellbeing.



## Check-In with Family & Friends

Often times your worries extend beyond yourself. By checking in with close relatives and friends frequently you can help decrease your stress and improve your mood.



## Make Time to Unwind

Taking time for yourself is crucial for managing your day-to-day worries. Whether it is five minutes or a whole day, work on improving your care.

