Tips To Keep Anxiety In Check

Share Your Feelings

Anxiety needs a place to exit. Confide in others about what you're feeling, and offer an ear to them in return. Empathy and understanding can help, and let you know you're not alone.

Connect

Anxiety decreases when we feel the support of others. People were made for connection, even if it's only online. Thinking outward about others helps reduce our inward fears.

Set Goals

Now that there are fewer distractions, it's a good time to make progress in areas of your life you've been thinking about. Set reasonable goals for yourself over the next few weeks. See how you can use this time well, and redirect anxious thoughts into productive energy.

Find A Routine

Increase your feeling of control by finding a routine that fits you. Try to set aside specific times to do your work, exercise, and relax; it can help bring some normalcy to your life.

Challenge Your Thoughts

Anxiety likes to assume the worst is going to happen, and creates fear about the future. Try to focus on the here and now, knowing that what we're experiencing won't last forever. Time and life will move on, and better times will come again.

Last Thought: Get some sunshine - it can improve your mood!

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