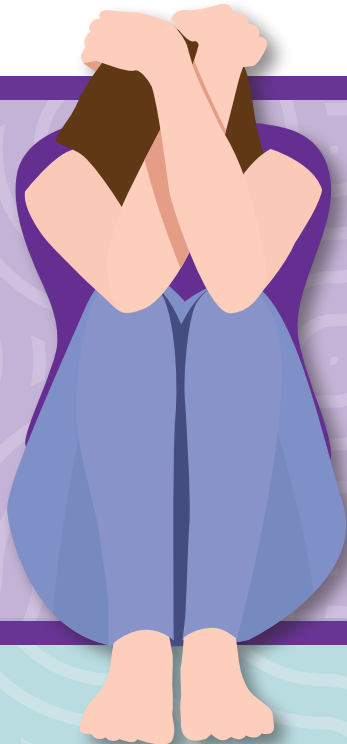


Effective Strategies for Managing Anxiety and Stress



In today’s fast-paced world, anxiety and stress are common companions. However, they can intensify with the constant stream of news, current events, or unexpected situations that could impact your well-being.



Is it Anxiety or Stress?

Stress is any demand placed on your mind or body, typically caused by an external trigger.

Anxiety is persistent, excessive worries that persist even in the absence of a trigger.

Anxiety and stress can cause mental and physical symptoms like irritability, fatigue, muscle pain, and sleep issues.

Anxiety and Stress Can Be Managed with Similar Coping Strategies. Here Are Some General Tips to Help:



Avoid Doomscrolling: Consuming too much negative news or social media can be harmful. Focus on facts, not speculation.



Be Physically Active: Take a mental break and focus on your body; exercise boosts mood-boosting brain chemicals.



Be Mindful: Mindfulness and meditation can calm racing thoughts and help you stay present.



Maintain Sleep Habits: Even when anxious, try to stick to your sleep routine. Rest is crucial for emotional balance.



Eat Healthy, Balanced Meals: Healthy eating is essential for your overall physical and mental health, improving your ability to navigate stress during challenging times.



Try Breathing Exercises: By practicing deep, controlled breathing with extended exhalations, you can decrease your heart rate and blood pressure.



Take the Time to Unwind: Engage in enjoyable activities like hobbies, crafts, or writing, for a positive distraction.



Connect with Others: Strong relationships create belonging and offer a space to share experiences, improving your situation and feelings.



Be Transparent: Talk to your manager if your stress/anxiety stems from work-related situations. There may be ways that they can help.



Reach Out for Help: Feeling anxious or stressed? Don’t suffer alone. Talk to your doctor or employer for mental health support.

If you're worried about your mental health, reach out to a doctor, mental health professional, or call the Substance Abuse and Mental Health Services Administration’s National Helpline at 800.662.HELP (4357).