Take one step at a time; don't overwhelm yourself with too many things at once

Be aware of how much caffeine you are drinking, it can add to your feelings of anxiety

Effectively coping with Anxiety

Exercise can help decrease stress, (get recommendations and release from health care provider if needed)

See your health care professional to

determine if any medical needs

should be addressed

Watch the "what if" questions, they usually lead to increased anxiety

Make sure you get enough sleep and are eating right

Deep breathing can decrease the feelings of anxiety

Be aware of your negative selftalk, work to make it more realistic

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