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First Signs of a Problem:

HOW TO DEAL WITH STRESS AND ANXIETY

MIND

Accept that you cannot...

ACTION

Take deep breaths.
Inhale and exhale slowly throughout the day when you are feeling stressed.

10 Slowly count to 10.
Repeat, and count to 20 if necessary.

Give back to your community.
Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Take a time out.
Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.

Get help online.
If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. www.mhascreening.org

Talk to someone.
Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

INHALE

HOW TO DEAL WITH STRESS AND ANXIETY

BODY

Limit alcohol and caffeine.

5 4 3 2 1
GROUNDING TECHNIQUE

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste