

TO DEAL WITH ANXIETY



EAT A BALANCED DIET

It is perfectly fine to indulge in your favourite treats every now and then, but it is vital that you are eating nutrient rich foods, like fruits and veggies. Highly processed and sugary foods actually increase anxiety, so do your best to avoid them- your mind will thank you!



LIMIT CAFFIENE INTAKE

We all love that morning cup of coffee, but too much caffeine can be trouble; it mimics and increases anxiety symptoms since it is a stimulant. If you find yourself on your 3rd cup of the day and very anxious, you might want to consider cutting back.



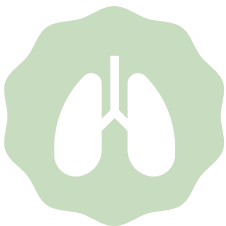
GET ENOUGH SLEEP

You have probably heard this before, but sleep is crucial! Adults need 7-9 hours of sleep every night to restore energy, improve mental functioning and reduce stress. The caveat is that anxiety may cause insomnia, so talk to your doctor if this is happening to you.



TAKE A BREAK

Anxiety is not only mentally exhausting, but it takes a physical toll on your body as well. If you are feeling tired or overwhelmed, listen to your body and give it a much deserved break! Remember, you cannot operate on an empty tank.



TAKE DEEP BREATHS

This tip is key, but also the one people often don't know about. When we are anxious, we take shallow, rapid breaths from our chest which makes our anxiety worse. Try to take deeper breaths from your belly by watching your stomach rise and fall with every breath.

