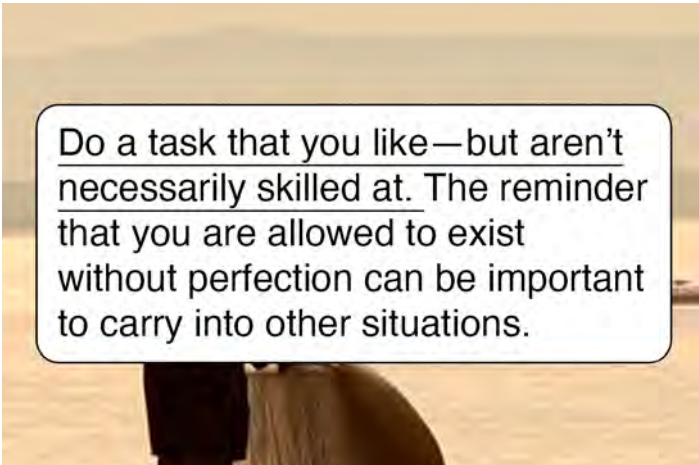
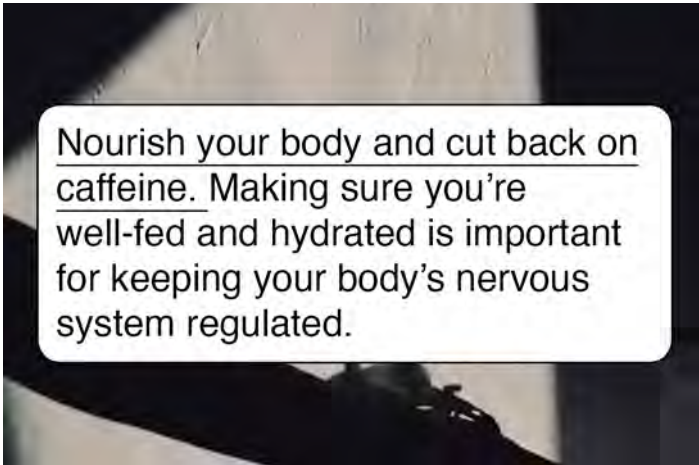


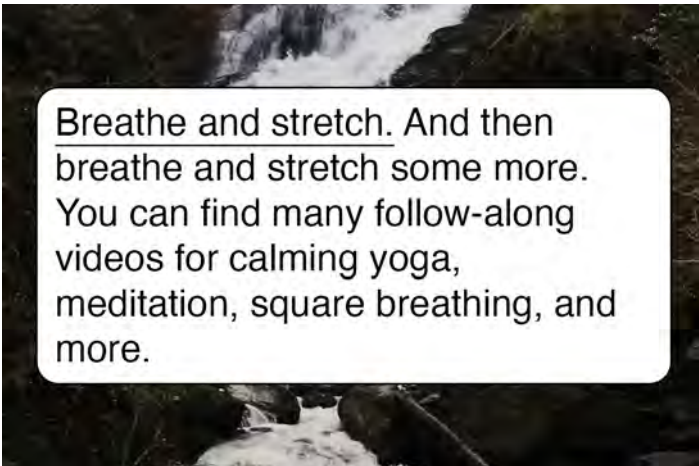
TIPS FOR WHEN ANXIETY FEELS TOO BIG TO MANAGE



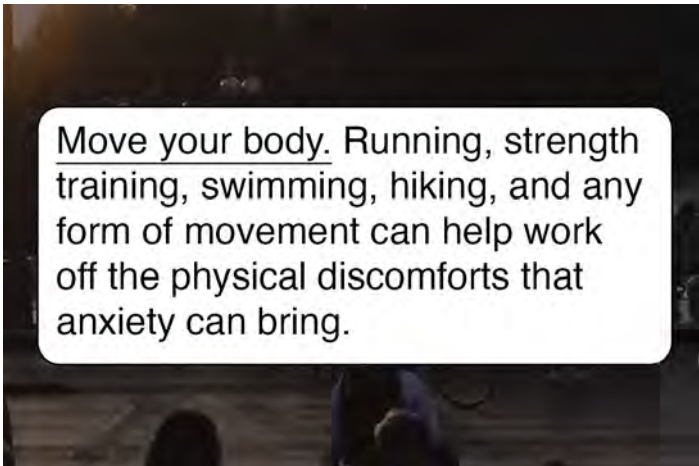
Do a task that you like—but aren't necessarily skilled at. The reminder that you are allowed to exist without perfection can be important to carry into other situations.



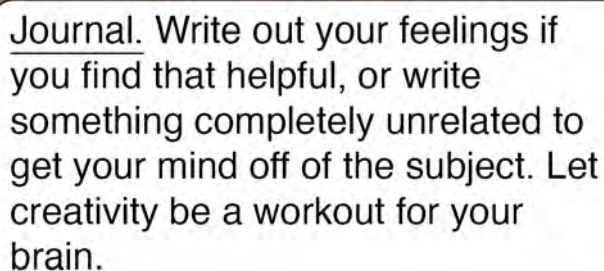
Nourish your body and cut back on caffeine. Making sure you're well-fed and hydrated is important for keeping your body's nervous system regulated.



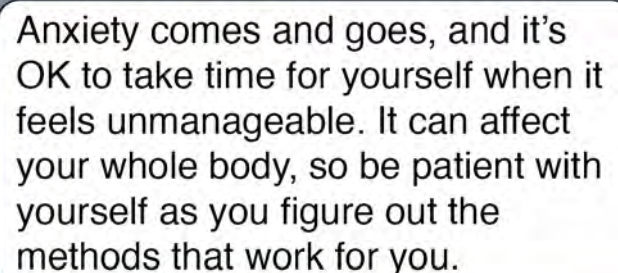
Breathe and stretch. And then breathe and stretch some more. You can find many follow-along videos for calming yoga, meditation, square breathing, and more.



Move your body. Running, strength training, swimming, hiking, and any form of movement can help work off the physical discomforts that anxiety can bring.



Journal. Write out your feelings if you find that helpful, or write something completely unrelated to get your mind off of the subject. Let creativity be a workout for your brain.



Anxiety comes and goes, and it's OK to take time for yourself when it feels unmanageable. It can affect your whole body, so be patient with yourself as you figure out the methods that work for you.