

MENTAL HEALTH

How to cope with your anxiety

Anxiety—feeling tense, worried, uneasy—is a normal response to stress. Anxiety can disrupt your life, but it’s nothing to be ashamed of.

If anxiety is wearing you down, here are some things you can do to cope:

- Don’t fight your feelings. Instead, try to identify what might have triggered your anxiety. Then try to put this into perspective.
- Keep in mind that you can’t control everything about a situation. Change what you can and let the rest take its course.
- Exercise is a great way to relieve tension and help your body feel relaxed.
- Examine your life for stress, and try to find ways to reduce it.
- Avoid caffeine and nicotine, which can enhance anxiety symptoms.
- Fight the temptation to turn to alcohol or unprescribed drugs for relief. They only make things worse in the long run.
- Schedule a physical exam to be sure that no underlying medical illness is causing your symptoms.
- Counseling can help you change the behaviors and thoughts that contribute to your anxiety.
- Talk to your doctor about medication options that might be right for you. You may need some extra help for a short period of time.

If you’d like to learn more about how to manage your anxiety—contact your WellConnect program.

WELLCONNECTSM

We’re here to support you.

866-640-4777 | [WellConnectForYou.com](https://www.WellConnectForYou.com)

School Code:

