

Five Tips for Teens to Deal with Anxiety

Everyone gets occasional feelings of anxiety, nervousness, tension, and stress. If these feelings are constant or overwhelming during your daily activities, it's important to understand what is causing those feelings and learn healthy coping methods.



- 1) Get enough sleep, exercise and nourishment.** Getting a healthy amount of sleep, exercising at least 30 minutes a day, and eating a well-balanced diet can significantly improve feelings of anxiety.
- 2) Practice relaxation techniques.** Finding ways to calm your body and mind, with activities such as yoga, tai chi, or deep breathing can help to reduce feelings of stress and tension.
- 3) Spend time with family and friends.** Spending time with people you care about eases stress and strengthens your relationship bonds, which can make you feel more supported and safer.
- 4) Spend time outside.** Taking a walk in the park or hiking in the woods can help you feel peaceful and reduce anxious feelings. Walking, running, or hiking also offer the additional benefits of exercise.
- 5) Focus on positive thoughts when possible.** Focusing on happy thoughts, things that are going well, and appreciating small things can help you feel more confident.

If you have anxiety and need to talk to someone, please call our 24-Hour Helpline at 1.800.928.8000. We can help.