

Five Tips to Help Adults Manage Anxiety

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



1. Eat a well-balanced diet.

Eating a well-balanced diet can significantly improve feelings of anxiety. Foods with too much sugar or caffeine, as well as highly-processed foods, can increase feelings of nervousness and tension.

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. Try to exercise daily.

Exercises such as walking, running, hiking or biking for at least 30 minutes a day can improve feelings of stress and anxiety. When you exercise, endorphins are released that lead to a more positive mood.

4. Learn what triggers your anxiety.

Writing down when and where you feel anxious, whether it's at work, school, home, or somewhere else, can help you identify triggers. Using coping techniques can help.

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.