

HOW TO DEAL WITH STRESS AND ANXIETY

BODY



Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



Exercise daily.

Exercising can help you feel good and maintain your health

For more mental health information and resources visit:

www.mentalhealthamerica.net