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