HOW TO DEAL WITH STRESS AND ANXIETY

MIND

Accept that you cannot control everything.
Put your stress in perspective: Is it really as bad as you think?

Do your best.
Instead of aiming for perfection, which isn’t possible, be proud of however close you get.

Maintain a positive attitude.
Make an effort to replace negative thoughts with positive ones.

Learn what triggers your anxiety.
Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed or anxious, and look for a pattern.

For mental health information and resources visit: www.mentalhealthamerica.net