

Healthy Coping Strategies For

Anxiety

01. Write down your thoughts

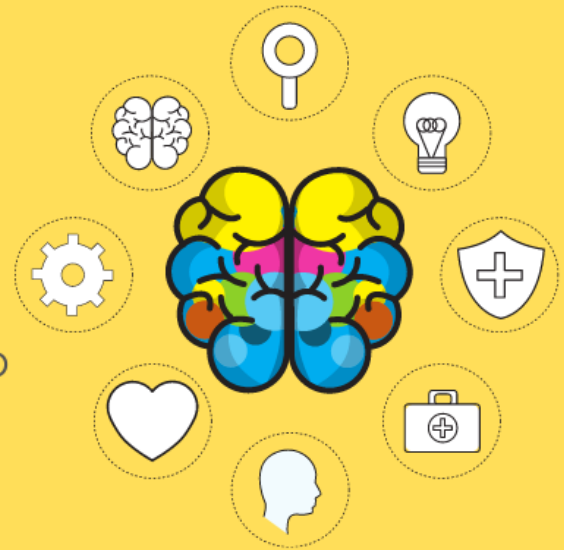
02. Have a support system

03. Practice deep breathing

04. Eat well and exercise

05. Know when to ask for help

06. Get enough sleep



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07. Learn to control your thoughts

08. Count to 10 slowly

09. Go outside, take a walk

10. Engage in a hobby

11. Recognize your thought patterns and triggers

12. Dial 112

