# SELF-CARE TIPS FOR MANAGING ANXIETY

Be aware of anxious thoughts



Practice mindfulness, label your thoughts, and journal

Schedule worry times



Set aside specific times to address worries

Practice gradual exposure



Challenge anxious thoughts



Identify cognitive distortions and practice reframing negative thoughts

Establish a soothing bedtime routine



A consistent, relaxing routine to improve sleep and night time anxiety

Incorporate structure into daily routine



Plan activities and self-care to provide stability

Incorporate regular physical activity



Refocus energy and release endorphins to combat anxiety naturally

**Build an anxiety** management toolbox



A collection of coping strategies for difficult moments

## **Self Help Tips**

### **Aurora Brooks**

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