

LIVING WITH STRESS?

COUNCIL FOR
Relationships

Therapy & Psychiatry
Since 1932

10 Tips To Cope with Anxiety



Deep Breathing Exercises

Lie on your back, breathe deeply, focus on your stomach's movement, and continue for 10 slow breaths.



Mindfulness Meditation

Use mindfulness or meditation apps like Headspace or Calm to stay present and reduce racing thoughts.



Physical Exercise

Exercise regularly for 30 minutes daily to boost endorphins and reduce stress—walk, do yoga, or play sports.



Establish a Routine

Create a daily schedule to provide structure and predictability, which can help alleviate feelings of anxiety.



Limit Caffeine & Alcohol

Both substances can increase anxiety levels. Try reducing your intake to see if it helps improve your mood.



Get Enough Sleep

Create a bedtime routine and restful environment for quality sleep. Try a soothing drink, audiobook, or weighted blanket.



Connect with Others

Reach out to friends or family for support. Talking about your feelings can provide relief and perspective.



Practice Gratitude

Keep a gratitude journal to focus on positive aspects of your life. This shift in perspective can help reduce anxious thoughts.



Progressive Muscle Relaxation

Tense and then relax different muscle groups to help reduce physical tension associated with anxiety.



Limit Screen Time

Reduce exposure to screens, especially social media and news, which can be sources of stress and anxiety.

Individual, couples, family, and relationship therapy is available. Get matched with a CFR Therapist who fits you and your budget.

