

# 8 Tips to Help Overcome Everyday Anxiety



## Re-Frame

Negative thoughts can take root in your mind and distort the severity of the situation. When negativity creeps in challenge your fears, ask if they're true, and see where you can take back control.

## Find Support

Build a strong support system. Talk it out when your worries start spiraling. Just talking face to face about your concerns can make them seem less threatening.

## Acknowledge

Ignoring your anxiety won't make it go away, and it may make it even worse. Part of being an emotionally healthy person is acknowledging your feelings and not judging them.

## Get Moving

Exercise is a natural and effective anti-anxiety treatment. It relieves tension, reduces stress hormones, boosts feel-good chemicals, and physically changes the brain in ways that make it less anxiety-prone and more resilient.

## Write it Down

Writing down what's making you anxious gets it out of your head and can make it less daunting. Putting your thoughts on paper can also help you find a pattern of what triggers your anxiety.

## Breathe

Inhale and exhale slowly throughout the day when you're feeling stressed. By evening out your breath, you'll slow your heart rate which should help calm you down.

## Take a Time-Out

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

## Get Help

If you've given self-help a fair shot, but still can't seem to shake your worries and fears, it may be time to see a mental health professional.

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