

HOW TO MANAGE ANXIETY

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. Break the stigma!

Mindfulness

Focus on the current moment. Be in the present. Learn to self-soothe.

Rationalize

Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it takes that you are okay.

Schedule

If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!

BlessingManifesting