



MANAGING ANXIETY

- Learn about the causes of your anxiety. This allows you more control in managing or changing things in your life that create anxiety for you.
- Keep a diary or journal of how and when anxiety increases. Let your health care professional know if your symptoms are getting better or worse.
- Work with a counselor to understand anxiety and what you can do to manage it.
- Find a technique that works for you to lower your anxiety and use it. Deep breathing and muscle relaxation exercises are two examples.
- If anti-anxiety medication is one part of your treatment plan, take it as prescribed.
- Learn and practice new ways to manage the stress in your life.