

# 5 WAYS YOU CAN MANAGE ANXIETY SYMPTOMS

*Anxiety is persistent and unlike stress, it may not go away after a stress-provoking situation is resolved. Here are five practices to help you reduce anxiety symptoms.*

If you, your child, or someone you know are thinking about suicide or self-harm, call or text 988, the National Suicide & Crisis Lifeline or go to the nearest hospital emergency room.

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At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

## Practice self-care

In increments of 15-30 minutes throughout the day, do things you can look forward to every day. We recommend things like:

- Taking a walk
- Calling a friend
- Watching a funny show
- Playing a game
- Doing yoga
- Reflecting on your day in a journal
- Practicing mindfulness exercises

## Reduce exposure to negativity

Remember to take a break from social media and even the news or negative friends. Constantly viewing negative information or comparing ourselves to unrealistic images on social media may raise our stress to unhealthy levels. Remember that people are posting the best moments of their lives on social media and it is not an accurate representation of everyday life.

## Prioritize staying connected to family and friends

It is important for our mental well-being to be present for people who care for us, and vice versa.



## "Three good things."

Ask someone – a spouse, friend, family member or co-worker – to reflect with you at the end of every day on three good things, large or small, that happened. Doing this daily can help counter depression and build emotional resilience.

## Reframe your thinking

Reduce negative thoughts and promote positive interpretations of day-to-day experiences. Giving energy to something that you can't control is a way to ramp up anxiety.

- Put things in perspective.
- Practice being more intentional and less reactive.
- Don't allow stressors to get a reaction from you.