

# HOW TO DEAL WITH STRESS AND ANXIETY

## BODY



### Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



### Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



### Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



### Exercise daily.

Exercising can help you feel good and maintain your health.

# Mental Health Tips Deal

**Karen Bellenir**

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