

Tips For Anxiety



Practice
breathing exercises



Find a creative
activity



Take care of your
sleeping routine



Focus only
on the present



It's ok to
ask for help



Stay active



Take a pause



Drink
cold water

Anxiety Relief Tips Sign In

CH Cherryholmes

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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