

STRAIGHTFORWARD STRATEGIES FOR MANAGING ANXIETY



1

Prioritize self-care by maintaining a healthy diet, exercise & sleep routine



2

Increase awareness of anxiety-driven behaviors. Avoiding triggers of anxiety may help in the short run. But for long-run success, increase awareness and...



3

Reduce anxiety-driven behaviors. Then re-engage in routine (& CDC-approved!) activities to further reduce anxiety.



4

Build tolerance for uncertainty. Anxiety is a “future-focused emotion” so use this time to hone your mindfulness, which “promotes present-moment awareness.” (There's an app for that!)



5

Catch your thinking patterns. Anxiety-driven cognitions are not problem-solving; they're just worrying. Don't underestimate your resiliency!

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