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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