

## Be Successful: Manage Anxiety



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1

## Stress Can Lead to Anxiety

- Physical symptoms
- Emotional reactions
- Be aware of escape through:
  - Alcohol, drugs, food and sleep



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2

## Learn to Relax

- Deep breathing
- Muscular tensing and relaxing
- Visualize
- Exercise and stretch
- Sleep and eat well
- Laugh and reward yourself

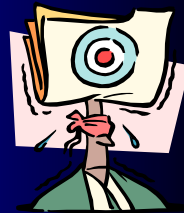


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## Change How You React

- Avoid extreme reactions
- Use “positive” messages
- Use stress productively
- Get physical
- Avoid self-medication and escape
- Seek help



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4

## Learn to Cope with Anxiety

- Use relaxation methods
- Set realistic goals
- Change how you see things
- Remove yourself from the stress
- Confront the situation



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5

## Summary

- Learn to recognize anxiety related symptoms
- Learn to relax
- Change how you react
- Reinforce Success



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6