Be Successful: Manage Anxiety

Stress Can Lead to Anxiety

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

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

Change How You React

- Avoid extreme reactions
- Use “positive” messages
- Use stress productively
- Get physical
- Avoid self-medication and escape
- Seek help
Learn to Cope with Anxiety

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

Summary

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