

## **Tips for Dealing with Anxiety**

What people think about you is none of your business.

Focus on what is going well in your life, on gratitude.

Get clear about your desired outcomes (good grades, good relationships, etc.) and stay focused on things that support them.

Don't take things too personally for too long, seek the learning from failures and mistakes.

Let go of negative self-chatter, it doesn't serve you. Blame is a lousy teacher.

Take responsibility for your feelings. Other people don't make you react.

Ask for help/seek counsel/find a mentor.

Speak your voice, even if it quivers.

Listen more than you speak.

Use humor to get out of a funk.

Get enough nutritious food.

Find some exercise you like and stick to it.

Define your values and make decisions consistent with them.

Write a journal to get your thoughts out.

Vent to a friend who will listen and not jump on the bandwagon.

Learn how to meditate. Take deep breaths.

Learn how to manage your time well and 'backwards plan'.

Get involved in a sport, club, group or other venue.

Change up your environment.

End a relationship that isn't serving you.

Delve into your hobbies.

Find the balance between school, social, and personal time.

Limit or abstain from alcohol, drugs and caffeine.

Understand that you can only do your best. Perfection is an illusion.

Get adequate sleep.

Just take action.