Tips to manage anxiety

sata CommHealth

Exercise regularly

Doing physical exercises such as walking, swimming, gym or ball games with friends can help to release endorphins (good hormones) to make you happy and less anxious.

Practise deep breathing

Take slow, deep breaths to help calm your nervous system.

Count slowly to 10 to help yourself cool down before you react quickly.

Challenge negative thoughts

Relook at negative thoughts at a different angle by looking for the good in a situation. Practise positive self-talk and focus on what you are grateful for.

Prioritize sleep

Ensure you get at least 7 to 9 hours of sleep every night, as poor sleep can increase anxiety.

Try journaling

Writing down your thoughts helps you to vent out the problems that make you nervous, and also help you to know what makes you feel better.

Consult a healthcare professional

If your anxiety gets worse, see a doctor or therapist for professional advice.