TIPS TO REDUCE ANXIETY

KICK ANXIETY BY TAKING CARE OF YOURSELF.

GET ENOUGH SLEEP
6-10 hours of sleep per night is best. Without enough sleep, your cognitive abilities are impaired and will make it more difficult to work through your day.

KEEP A THOUGHT JOURNAL
It's very hard to ignore anxious, racing thoughts that won't leave your head. Writing down worrying thoughts may give you better insight into your current emotions and possible solutions to these problems.

WORK OUT REGULARLY
Stress and anxiety activate the body’s fight or flight system. Exercise can help relieve some of this tension while supplying oxygen and feel-good chemicals to your brain.

WATCH YOUR DIET
Don't skip meals! Keep a balanced diet to support your immune system. Too much caffeine can exacerbate the physical symptoms of anxiety. If you're so busy or anxious that you skip meals often, it's time to seek help.

TALK TO SOMEONE
FIND HELP FOR YOURSELF: CHAPMAN.EDU/SPCS
GET HELP FOR A FRIEND: CHAPMAN.EDU/SCIT

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