**HELP YOURSELF**

 REDUCING DEPRESSION AND ANXIETY

**Regular exercise can reduce symptoms of depression and anxiety.**

**The tips below can help you reduce stress.**

 **1. Take a time-out. Practice yoga, listen to music, volunteer, or get a massage. Stepping back from the problem lets you clear your head.**

 **2. Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.**

**3. Get enough sleep. When stressed, your body needs additional sleep and rest.**

 **4. Do your best instead of trying to be perfect. Perfection isn’t always possible, so be proud of however close you get.**

 **5. Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?**

 **6. Take even belly deep breaths. Exhale slowly.**

 **7. Count to 10 slowly. Repeat, and count to 20 if necessary.**

**8. Welcome humor. A good laugh goes a long way.**

 **9. Maintain a positive attitude.**

**10. Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed or anxious, and then look for a pattern.**

**11. Pray, meditate, connect with your authentic self, work to find and maintain balance in your life**