



How To Cope With Anxiety

Exercise

It will help release endorphins, which can help reduce anxiety.

Meditation

Try meditating for 15 minutes a day, preferably in the morning when you're fresh and relaxed.

Breathing Exercises

Deep breathing can help calm your nervous system down and get it back into balance.

Talk To Someone

Talking about what's bothering you may help bring the problem into perspective so that it doesn't feel so overwhelming anymore.

Anxiety And Stress A Selfhelp

Léo Pomar



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