



5 Ways to Cope with Anxiety

Ever find anxiety taking over your mind? You're not alone. Whether it's pre-test jitters or constant worries, anxiety hits us all.. Anxiety disorders are very common among teens. The good news is there are many strategies you can try to dial down the anxiety when it strikes. Here are 5 effective ways to take control of anxious thoughts and feelings:



Practice Deep Breathing

When anxiety starts creeping in, one of the quickest ways to hit pause is through deep breathing. When you start to feel anxious or panicky, find a comfy seat. Start by taking slow, deep breaths. Inhale through your nose for a count of 5, then exhale through your mouth for another count of 5.

Repeat this breathing cycle at least 10 times, focusing on making your inhales and exhales smooth and even. You should begin feeling more centered and calm.

Explore different breathing techniques. Try alternate nostril breathing or belly breathing to see what clicks for you. And don't just save deep breathing for anxious moments - make it a regular habit for some extra health perks.

Move Your Body

Regular exercise is a proven mood and anxiety buster. When anxiety ramps up, get moving. Go for a walk or jog, do yoga stretches, turn on music and dance, shoot some hoops - anything to get your body active.

Exercise releases endorphins, but it also helps burn off that nervous energy. Plus, it's a great distraction from those nagging worries. So, make exercise a regular part of your routine, whether you're feeling anxious or not. Your mind and body will thank you for it.

Write Down Your Thoughts

Journaling is a great way to manage anxiety. Set aside 5 minutes, and let your thoughts flow onto paper without any filter or judgment. Getting them out of your head can help you process worries and gain perspective.

Regular journaling lets you track patterns in your anxiety over time. Writing things down can organize your thoughts and relieve overwhelm. Keep a notebook handy whenever anxiety strikes. Let journaling become a healthy ritual.

Talk to Someone You Trust

Talking about your worries with someone supportive can help reduce their intensity. Share what's going on with a trusted friend, family member, teacher, or counselor. Even if it feels silly or small, verbalizing anxious thoughts is therapeutic.

Feeling heard and understood is calming for the nervous system. Other people's reassurance can help put your worries into perspective.. If you don't feel comfortable opening up, journaling can serve a similar purpose.

Consider Meeting with a Therapist

If anxiety becomes severe despite your best efforts, counseling can help. A therapist teaches skills for managing anxiety day-to-day. They create a judgment-free space to get to the root of your anxiety triggers.

CBT, mindfulness, and exposure therapy are proven effective at reducing anxiety. Don't struggle alone - there are compassionate professionals ready to help you. With the right support, you can break free of anxiety's grip.

While anxiety can feel overwhelming in the moment, there are so many ways to calm both your mind and body. Using these coping strategies lets you take charge of your anxious thoughts. It will reduce their impact on your life. Don't give up - with time and practice, you've got this!