

# Tips to Manage Anxiety and Stress

Try these when you're feeling anxious or stressed:

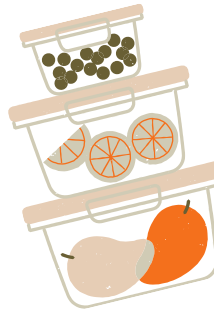
## TAKE A TIME-OUT.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.



## EAT WELL-BALANCED.

Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.



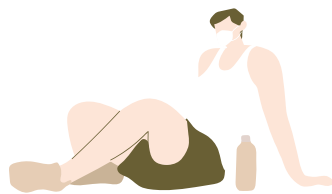
## GET ENOUGH SLEEP

When stressed, your body needs additional sleep and rest.



## EXERCISE DAILY

to help you feel good and maintain your health. Check out the fitness tips below.



## TALK TO SOMEONE.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

