

What can help with anxiety?

Lifestyle changes:

- *Exercise**
- *A balanced diet**
- *Sufficient sleep**
- *Mindfulness and meditation**



What can help with anxiety?

Talk to someone:

- * Share your feelings with a trusted friend, family member, or professional.**

What can help with anxiety?

Seek professional help:

***If anxiety is interfering with your daily life, consider seeking help from a mental health professional.**

Treatment options include psychotherapy (talk therapy) and medication.