

Tips for Managing Anxiety



Resource Description

This short list of tips is designed to educate members on ways to manage anxiety symptoms in the present moment and is not intended as a long-term solution or as a replacement for professional medical attention.

Share this information with your chapter members in various ways. Work with the chapter public relations (PR) chairwoman to share this on social media or the vice president of communication and operations (VPCO) to put this on OmegaOne. This could also be passed out prior to a program about mental health or even just as a resource at a chapter meeting.

Tips for Managing Anxiety

1. Take Deep Breaths
2. Download a meditation or breathing app such as Breathe2Relax, Headspace, Calm or Insight Timer
3. Avoid caffeine and alcohol
4. Connect with others who are experiencing anxiety through support and message boards. Visit <https://adaa.org/finding-help/getting-support>
5. Take a walk outside
6. Talk to someone you trust. Let family and friends know how you are feeling.
7. Take advantage of Sigma Kappa's partnership with Talkspace - <https://sigmakappa.org/globalassets/private-toolbox/education/talkspace/onlinecounseling.pdf>
8. Make getting adequate sleep and good nutrition a priority
9. Keep a journal when you are experiencing anxiety to discover what triggers your anxiety
10. Become aware of negative self-talk and make an effort to replace those thoughts with loving, positive ones

Sources Used

1. [Anxiety and Depression Association of America](https://adaa.org/finding-help/getting-support)