Dealing with anxiety can feel overwhelming, but building healthy daily habits can make a real difference. Regular physical activity, like a brisk walk or yoga, helps release tension. Prioritizing consistent sleep allows your body and mind to recharge. Mindfulness practices, such as deep breathing or meditation, can ground you in the present moment.

Connecting with supportive friends and family provides a crucial emotional outlet. Consider joining a support group to share experiences and learn from others. If anxiety significantly impacts your life, seeking professional help from a therapist or counselor is a proactive step.

To reduce your risk and manage anxiety, limit or avoid caffeine and alcohol, as these substances can sometimes worsen symptoms. A balanced diet rich in fruits, vegetables, and whole grains supports overall well-being. Incorporating stress management techniques into your routine can also build resilience. Remember, small, consistent changes can lead to significant improvements in managing anxiety.

Reference :

[Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356)

[www.mayoclinic.org](https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356)

[Relief Mental Health](https://reliefmh.com/blog/lifestyle-choices-mental-health-how-small-changes-make-a-big-difference/#:~:text=The%20tiny%20adjustments%20build%20momentum,leading%20to%20significant%20progress%20without)

[reliefmh.com](https://reliefmh.com/blog/lifestyle-choices-mental-health-how-small-changes-make-a-big-difference/#:~:text=The%20tiny%20adjustments%20build%20momentum,leading%20to%20significant%20progress%20without)

[Christy's Foundation](https://christysfoundation.org/the-power-of-nutrition-how-eating-well-can-transform-your-health/)

[christysfoundation.org](https://christysfoundation.org/the-power-of-nutrition-how-eating-well-can-transform-your-health/)

[Here are some key points distilled for your presentation slide:](https://christysfoundation.org/the-power-of-nutrition-how-eating-well-can-transform-your-health/)

### **Slide Title: Coping Strategies & Prevention**

* **Daily Habits for Calm:** Exercise, consistent sleep, mindfulness (breathing, meditation).
* **The Power of Support:** Connect with friends, family, or support groups for emotional well-being.
* **Seeking Professional Guidance:** Therapy or counseling offers valuable tools and strategies.
* **Reducing Risk Factors:** Limit caffeine and alcohol intake.
* **Nourishing Body:** Focus on a balanced diet.
* **Building Resilience:** Incorporate stress management techniques into routine.
* **Small Changes, Big Impact:** Consistent healthy habits can significantly improve anxiety management.