

---

**[Test] Tips to help manage your anxiety**

---

**Sanjeev Vijayakumar** <vijayakumar.sanjeevkumar52@bloomfield.org>

Sun, Nov 7, 2021 at 9:03 AM

~~Reply-To: us20-d56cebb142-4dfccc8e70@inbound.mailchimp.com~~

~~To: iceofthehusky@gmail.com~~



*StopAnxiety*

## **Tips to Manage Anxiety**

Generally to deal with anxiety, managing methods are a great tool to have to mitigate the feelings of Anxiety and be able to put things into perspective. Below we will find out some you can use

---

## **Method 1 - Take a break**

Taking a step away from the things that cause Anxiety is a great way to clear your head.

- If you have a test or a big project you're worried about
- If you have a heavy workload in the office
- If you have an interview coming up

Take a step back and listen to music, do yoga, or anything that calms you down

## **Method 2 - Get good sleep**

Getting good sleep is key. Even I, the author need to work on this as this is being typed on at 12:42am.

If you don't get good sleep it won't be just anxiety that you'll have, there are so many reasons to have good sleep this is just one

## **Method 3 - Welcome Humor**

This is a big one. Welcoming humor and having a good laugh is the most overlooked and underrated ways of dealing with anxiety. For me personally, this is the best way to mitigate and control my Anxiety.