

10 tips to help with anxiety!

The Montreal Center for
Anxiety & Depression



1) Take a time-out

Take time to relax and breathe! Meditation and yoga are great ways to connect with yourself.

2) Count to 10

Counting slowly can help reduce anxiety-even count up to 20 if that helps.

3) Acceptance

Accepting that you cannot control everything is key to reduce stress.

4) Participate

Be active in your community or volunteer -this can give you relief from everyday stressors.

5) Identify what you need

Knowing what actions need to be done is key!

6) Limit your intake of alcohol and caffeinated drinks!

These types of drinks can bring on anxiety and even trigger anxiety attacks .

7) Sleep

When feeling stressed your body will need the extra rest!

8) Embrace humor

Sometimes laughter really is the best medicine!

9) Exercise regularly

Exercising is a great way to reduce anxiety and feel better.

10) Find a therapist

Sometimes we all need little help! An anxiety specialist can help immensely!

CALL US AT 514-777-4530 or visit www.helpforanxietydepression.com

