

# 6 WAYS TO COPE WITH

# Anxiety

- 1 Eat plenty of whole foods & cut out the processed crap.
- 2 Learn to meditate and do it every single day.
- 3 Be disciplined about ensuring you get enough sleep. It's the key to everything.
- 4 Move your body for half an hour every day. Make it something you love doing.
- 5 Take deep breaths. Breathe in for a count of 4, hold for 7 and exhale for 8. Repeat until you feel better.
- 6 Ask for support. Hiding your anxiety will only make you more anxious - share with people you love and ask for help.