

HOW TO MANAGE ANXIETY

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. Break the stigma!

Rationalize

Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it takes that you are okay.

Schedule

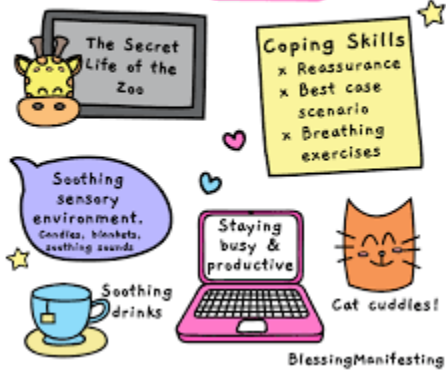
If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to self-soothe.

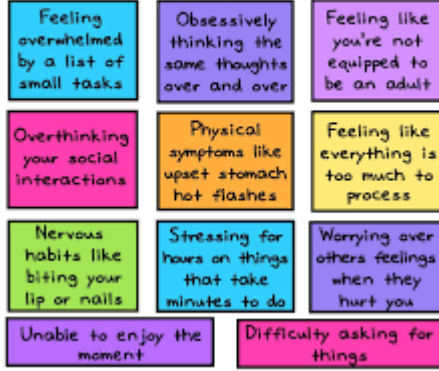
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Things that make me less **anxious**



Anxiety can look like...

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Morning anxiety is caused by the hormone cortisol. When we wake up we naturally have a sharp increase. Stress and anxiety can cause it to overload our system.

Create a good sleep schedule. Make sure that you're getting a solid amount and try to choose a pleasant alarm tone for waking up.

Work to lessen your overall anxiety. See if anything in your life is causing anxiety spikes and then create boundaries around that thing.

Self-Care for Morning Anxiety

Get super relaxed before you fall asleep. Focus on calming your nervous so that you fall asleep in the most relaxed state possible.

Talk yourself through the feelings and the anxiety both as you're falling asleep and when you wake up.

Talk to your doctor and your therapist. Discuss med options or coping skills that might help you wake up with out a stress response.