

HOW TO DEAL WITH STRESS AND ANXIETY

ACTION



Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

10

Slowly count to 10.

Repeat, and count to 20 if necessary.



Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. www.mhascreening.org



Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

For mental health information and resources visit:
www.mentalhealthamerica.net

Anxiety Relief Deal Open Now

**Charles A. Lilley, L. S. Hardin, Thomas
H. Delano, Wilfred Pocklington Pond**

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Self-Hypnosis Brian M. Alman, Peter Lambrou, 2013-10-28 First published in 1992 Routledge is an imprint of Taylor Francis an informa company Control and Reduction of Armaments United States. Congress. Senate. Committee on Foreign Relations, 1956 **Control and Reduction of Armaments** , 1958-04 **Control and Reduction of Armaments** United States. Congress. Senate. Committee on Foreign Relations. Subcommittee on Disarmament, 1958 American Hereford Journal , 1925 *The Chronicle* , 1904 *Cousins and Bridenbaugh's Neural Blockade in Clinical Anesthesia and Pain Medicine* Michael J. Cousins, 2012-03-29 This comprehensive authoritative text presents the scientific foundations and clinical practice of neural blockade in both regional anesthesia and the management of pain The descriptions and illustrations of pain mechanisms are considered classic examples The Fourth Edition has been refined for clarity and flows logically from principles and pharmacology to techniques for each anatomic region to applications This edition has two new co editors and several new chapters on topics including neurologic complications neural blockade for surgery treatment of pain in older people and complications in pain medicine A companion Website will offer the fully searchable text and an image bank *Tobacco* Charles A. Lilley, L. S. Hardin, Thomas H. Delano, Wilfred Pocklington Pond, 1921 **Today's Priorities in Mental Health** Morton Beiser, World Federation for Mental Health, 1978 *Parliamentary Debates* , 1897 **Monetary Times** , 1907 Motor Age , 1912 The Automobile , 1912 *The Reform Advocate* , 1916 *The Economist* , 1907 Commercial and Financial Chronicle and Hunt's Merchant's Magazine , 1878 **The Commercial & Financial Chronicle and Hunt's Merchants' Magazine** , 1878 The Commercial & Financial Chronicle ... , 1889 *Parliamentary Debates (Hansard)*. Great Britain. Parliament. House of Commons, 1909 Contains the 4th session of the 28th Parliament through the session of the Parliament **The Parliamentary Debates (official Report)**. Great Britain. Parliament. House of Commons, 1909

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