

# Community Support Network

## Tips For Anxiety

1

### Breathe Deep

Deep breathing is a simple yet effective technique to calm your mind and reduce anxiety. Take a deep breath in through your nose, hold it for a few seconds, then slowly exhale through your mouth. Repeat this several times until you feel calmer.

2

### Exercise Regularly

Regular exercise can help reduce anxiety by releasing endorphins, which are natural chemicals that promote a sense of well-being. Aim for at least 30 minutes of moderate exercise, such as walking or jogging, most days of the week.

3

### Practice Meditation

Mindfulness is the practice of focusing your attention on the present moment without judgment. It can help reduce anxiety by calming your mind and allowing you to let go of negative thoughts. Try meditating, practicing yoga or simply taking a few minutes each day to focus on your breath.

4

### Seek Support

When you need support, reach out to friends, family or a mental health professional. Talking about your feelings can help reduce loneliness and help control anxiety.

We are all in this together! Don't wait until stress becomes too heavy to carry. Scan the QR code to find CSN partner organizations in your ZIP code, and contact them today.

