

Coping with Anxiety

Try these to see what works for you

Spend time in nature



<https://tinyurl.com/NatureMedP>



Focus on your breathing
<https://tinyurl.com/BreatheWBP>

Try to eat a healthy diet



Keep a diary



Get moving



<https://tinyurl.com/WBMovement>

Talk about how you feel

Connect

<https://tinyurl.com/WBHubP>

Try to get good sleep or rest



<https://tinyurl.com/SleepWBP>

Challenge your thoughts



Get support with money worries



<https://tinyurl.com/WBFinancialHelp>

