



Prompt

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# Managing Anxiety and Stress

A list to help you cope when life is uncertain

## Strategies for the Body

Learn more about integrating self-care benefits into everyday life at [www.prompt.love](http://www.prompt.love).

- Commit to daily movement.** Physical activity increases the production of endorphins, your brain's feel-good neurotransmitters.
- Make sleep a priority.** When the body is stressed, it needs additional rest. Try for 8 uninterrupted hours of sleep. If possible, keep your devices out of the bedroom. Don't just go to bed; sleep.
- Eat healthy foods.** Avoid the urge to mindlessly consume 'comfort food.' Healthy food choices can help offset the effects of stress by lowering blood pressure and strengthening the immune system.
- Reduce caffeinated and alcoholic drinks.** Too much alcohol and caffeine can increase anxiety and stress. If possible, replace these drinks with water.