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[Online Cbt Health Anxiety Help](#)

4 SELF CARE TOOLS FOR LIVING WITH ANXIETY

MENTAL HEALTH FIRST AID USA



RELAXATION TRAINING

tensing and relaxing various muscle groups can help someone voluntarily relax.



EXERCISE

getting up and moving for 30 minutes a day (think walking, jogging or lifting weights) can help mitigate some symptoms of anxiety.



SELF-HELP BOOKS BASED ON CBT

books using theories of cognitive-behavioral therapy can help someone work through periods of heightened anxiety.



MEDITATION

learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present.



MENTAL
HEALTH
FIRST AID®

BE THE **1** TO MAKE A
DIFFERENCE



source: Mental Health First Aid USA
for more info: [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

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