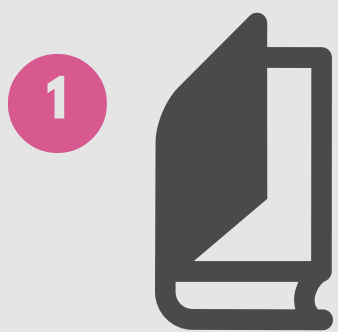


Seven ways to Manage ANXIETY

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.



1

WRITE IT DOWN

Write down your anxieties every morning. Face up to them and then put them aside for the rest of the day.

2

GET OUT OF THE HOUSE

Distract yourself. Plan something each day that gets you out of the house and with people you care about.



3



TRY MEDITATION...

Some people find deep breathing effective. Mindfulness, a system developed by John Kabat-Zinn, is taught at many medical centers.

4

...OR HYPNOSIS

In the hands of a trained psychologist, hypnosis can reduce anxiety, increase optimism and the effects can last for weeks.



5



GET SOME EXERCISE

Exercise encourages the secretion of endorphins, which decrease pain and lessen the effects of stress.

6

INFORM YOURSELF

Survival statistics have improved greatly with advances in science. Log on to the American Cancer Society website for the latest information.



7



CALL FOR HELP

Share your fears with a SHARE volunteer on the SHARE Helpline: 844-ASK-SHARE. You'll feel better for making the call.