

Coping Strategies

Did you place a checkmark in one or more boxes? It is important that we make time to take care of our minds and body. Similar to how you set aside time for homework, schedule some time for self-care. Below are coping strategies you can try to alleviate challenges associated with anxiety and/or depression:

Practice relaxation techniques.

Yoga, deep breathing, muscle relaxation, and meditation can boost feelings of joy and decrease stress.



Practice healthy sleep habits.

Avoid bright screens before bedtime. Limit caffeine and nicotine. Avoid alcohol and big meals before bed. Try healthy bedtime rituals, such as a warm bath, listening to soft music, or reading a book by soft light.



Exercise. Working out helps you feel more energized and less fatigued



Eat a healthy diet. Junk food such as sugary snacks and fried foods lead to a crash in mood and energy. Next time you crave sugar, grab a piece of fruit instead.

