**5 Tips for managing Anxiety**

**EXERCISE**

Physical exercise can not only help get rid of your anxiety in the present moment, but it also helps you deal with your emotions in the long run. Regular exercise has been shown to improve mood, help with sleep patterns, provide stress relief, and also improve self-esteem. [Research](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/%20) has shown that even a short 10-minute walk can be as beneficial for anxiety as more vigorous exercise, so if you are feeling uneasy, taking a quick walk around the block might be a helpful solution.

**MEDITATE**

Meditation isn’t just for hippies. Practicing mindfulness meditation [can be more powerful in quelling anxiety symptoms](http://archinte.jamanetwork.com/article.aspx?articleid=1809754%20) than general stress management techniques, studies have found. By sitting quietly and focusing on their awareness, people experienced improved anxiety, less stress, and better eating and sleep habits. [There are different levels of meditation](http://www.bustle.com/articles/8605-a-beginners-guide-to-meditation-and-mindfulness-in-6-steps), from sitting in silence to hours to just being aware of your thoughts and not trying to change them, but starting somewhere can have profound effects on your anxiety levels.

**LIMIT YOUR SOCIAL MEDIA**

[Recent studies](http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/social-anxiety-in-the-age-of-social-networks.html%20)have found that looking at social media can [raise people’s levels of anxiety](http://www.bustle.com/articles/32320-facebook-makes-you-feel-bad-about-yourself-for-reasons-other-than-fomo). “People look at Facebook and Instagram, and it makes them more depressed because they’re comparing their lives to other people,” says [Lindsey Rosenthal](http://mind-bliss.com/), a Los Angeles-based Individual and Couples psychologist  Try to stay off these social media sites to avoid comparing yourself to people’s best parts of themselves or to avoid getting that dreaded fear of missing out.

**ELIMINATE CAFFEINE**

Although [coffee](http://www.bustle.com/articles/41945-5-reasons-why-coffee-is-better-than-people) has its benefits, [caffeine consumption can actually worsen anxiety](http://deepblue.lib.umich.edu/bitstream/handle/2027.42/25630/0000180.pdf%20) symptoms or even create anxiety in situations where you wouldn’t normally be anxious. Caffeine is a stimulant that can trigger a fight or flight effect in your body as well as trigger insomnia, so you might want to consider putting down that cup of joe if you’re feeling a little anxious.

**GET TO THE ROOT OF YOUR FEELINGS**

“The best way to deal with anxiety is to figure out what the underlying fear of your anxiety is,” says Rosenthal. “Then you have to change your pattern of thinking.” It can be easy to fall victim to the constant pressure of having a stable job, financial security, and something important going on in your life, but try for a moment to stop thinking about these things and just be, Rosenthal suggest. “Be aware of the conversations in your head and don’t try to control anything you can’t control.”