

5 Tips to Deal with Anxiety

A recent study conducted by Premiere Value Provider Inc. indicated that the pandemic has spurred mental issues such as stress, depression, and anxiety. As a matter of fact, among the respondents surveyed, 15 percent admitted to suffering from stress. Twelve percent said that they had depression while 21 percent acknowledged that they were experiencing anxiety.

According to the Student Wellness Center, there are effective and simple ways to prevail over anxiety. Here are some of them.



Don't blame yourself

Understand that anxiety is not your fault. Getting to the root of your anxiety will help you realize that you should not blame yourself for experiencing it. Step away from these negative feelings to make room for the positive.



Understand your subconscious power

Realize your power to control your subconscious mind. Re-channel negative energy to positive thoughts. Focus on love rather than fear, which drives anxiety. Use your subconscious to soothe anxiety and focus on being calm and confident.



Discover a positive self-concept

The way you speak about your life is essentially a way of creating your own story both for yourself and for other people. These form the framework of how you feel about yourself and the life that you have created.



Learn to love and parent yourself

The full realization that you are responsible for yourself is a fundamental step for mental well-being. Feeling you are worthy of care and love is liberating. Value the relationship that you have with yourself.



Start caring for yourself.

Your body responds well to having its needs met and recognizes the rewards of a healthy self-care habit. Make time for it.

