



Anxiety...has been known to be a bit of a taboo word in our society. Whether you have experienced anxiety yourself or not, it can be, and for some often is, debilitating. There is much to be anxious about in today's world, but some things have proven to help ease that anxiety feeling you may be experiencing.

Exercise:

Exercising just 15 minutes a day can distract you from the anxiousness you may be feeling about what is happening around you. Go for a walk, do some stretches, follow a workout on YouTube.

Meditation:

Meditation apps are designed to help you refocus and approach whatever is in front of you with a clearer head rather than with the doubts and fear that anxiety can cause. Some apps do have a cost associated with them, but others are free.

Common meditation apps are:

- Calm-
- Mindfulness
- UnPlug
- Headspace
- Relax Now

Find some certainty:

"Uncertainty fuels anxiety," [Natalie Dattilo](#), director of psychology in Brigham & Women's Hospital's department of psychiatry, told Business Insider.

To counter that, remind yourself of what is certain, no matter how minuscule.

By adding even a small element of certainty in the face of overwhelming uncertainty," she said, you can re-establish a connection with the present moment, ground yourself, and maintain a good sense of self-control and confidence.

Be kind to yourself and others:

Be Kind to Yourself and Others and Have Faith: It's normal to feel anxious and worried during a national crisis. Reaching out to relatives and friends who are isolated or in need will boost their spirits and yours. If you are in good financial standing, be grateful and continue to pay others for the services they cannot provide. Venmo or mail checks to your housekeeper, hairdresser, or others who are unable to work. If you are unemployed or your business is suffering, your new job is to weather this storm as best as you can until it passes. It always passes. Have faith that it will, despite not having all the answers. Having faith or imagining the worst is a choice. Which one will you choose?

For more information on how to deal with anxiety/stress and depression you can go to: <https://www.goodtherapy.org/blog/how-to-cope-with..>