Use these tips to help you relax when you are feeling upset. They can help you sleep and lower anxiety and depression.

1. **Take a time-out.** Step back from the problem to clear your head. Practice yoga, listen to music, meditate, or get a massage.

2. **Eat small, balanced meals often.** Do not skip any meals. Keep healthy snacks on hand that will boost your energy.

3. **Limit alcohol and caffeine.** Alcohol and high levels of caffeine can make anxiety and depression worse. They can also trigger panic attacks. Instead, try water or green tea.

4. **Get sleep.** When you are feeling stressed, your body needs more sleep and rest to recharge.

5. **Move your body each day.** Moving your body can help you feel good and stay healthy. It can also help relax your mind and your body.

6. **Do your best.** Aim to do your best, not to be perfect. Always be proud of the goals you reached.

7. **Stay positive.** Try to replace your negative thoughts with positive ones.

8. **Laugh.** Laughing can relieve tension and stress. It can also relax your muscles relaxed.

9. **Talk.** Talk to a friend or family member about what's bothering you. Let them know how they can help you.

10. **Write in a journal.** Writing down your thoughts and feelings can help you manage them. This will help you look for patterns and find out what triggers your anxiety and stress.

If you have any questions about wellness, please contact (212) 432-8494 or wellness@chnnyc.org.