Managing Stress and Anxiety

We are living in a time where our norm may look much different than it once did and that could be causing increased stress and anxiety. Even if our circumstances haven’t changed much, many of us still experience regular and impactful stress and anxiety. Looking for some help? Nice is here to help you out!

Daily Guidelines to Manage Stress and Anxiety

7+ hours of sleep

3+ servings of fruits & veggies

10+ mins of exercise

5+ mins of mindfulness or meditation

You’re not alone

Avoid Stressors if you’re stressed or anxious about something, set aside time to do something you enjoy.

Reduce Stress find a new hobby, talk with someone, whether that be a friend, family member, or a professional.

If you’re experiencing high levels of stress or anxiety without using any of these techniques, a Nice provider may be a great next step for you to learn and apply them.

Schedule a visit in your Nice App, today!

A Nice Healthcare provider can help you find resources in and out of the home to help you deal with stress and anxiety in addition to ongoing management of anxiety and depression.

www.nice.healthcare/schedule