

# 10 things you can do right now to reduce anxiety, stress, and worry related to world events or other stressors

1

**Avoid “doomscrolling”:** Do not consume too much news. That means turn off push notifications on your phone and set aside only an hour per day to stay informed from credible, balanced sources.



2

**Be mindful of your anxious thoughts and don’t get stuck in them.** That means, accepting what you are thinking and feeling in the moment, not as “the reality”, but just as thoughts and feelings. Try to keep things in perspective; notice and challenge your thoughts that may be extreme or unhelpful.



3

**Stay socially connected with friends and family.** It will help improve your mood and sense of belonging. Make it fun and easy, like playing Frisbee, joining a book club, walking in the park, or getting together for coffee.



4

**Acts of kindness. Research shows that doing things for others strengthens our own mental health.** Support a cause. Check on your neighbours, parents and friends to see how they’re doing and if they need help picking up groceries, medications and other important household items.



5

**Keep a routine.** Eat healthy meals and drink plenty of water. Institute a ritual to set a clear boundary between your workday and home life to help you maintain balance. Be sure to include self-care activities daily, such as taking a relaxing bath, reading a book, or listening to your favourite tunes.



6

**Be active.** Take a walk, run or bike ride to get some fresh air and clear your mind. Housework, walking up and down stairs, gardening, stretching while watching TV are also considered physical activity.



7

**Practice good sleep hygiene.** Aim for 7-8 hours of sleep daily. Try to wake up and go to sleep at the same time every day. Limit your screen time, and don't drink too much alcohol or caffeine before bed. Find an activity that's relaxing to help you go to sleep. If a particular problem is preventing you from getting to sleep, write it down and deal with it in the morning.



8

**Practice mindfulness, meditation or yoga** to help you stay grounded and focused when you begin to feel stress and worry in your body, like shortness of breath. Some ideas include keeping a gratitude journal, doing deep breathing exercises, or using grounding exercises to help you focus on things in the present so you feel safe.



9

**Take time to organize your home,** such as your pantry, cupboards or closets, or do something you've been putting off for a while, such as sorting through your basement or garage for unwanted or recyclable items. Accomplishing such a task may reduce stress and anxiousness.



10

If you're noticing that your symptoms of anxiety are causing you significant distress or are interfering with your ability to function normally, consider participating in CMHA's BounceBack program. BounceBack is a free skill-building program for adults and youth 15+ who want to gain practical life skills to help them better manage their symptoms of low mood, mild-to-moderate depression and anxiety, stress or worry. For more information, visit [bouncebackontario.ca](https://bouncebackontario.ca).

