

# Tips for Managing Anxiety



## Things you can do on your own

### Talk about your anxiety:

- Talk to friends and family.
- Share concerns with your care team and ask questions.
- Ask your care team for a referral to meet with a social worker, psychologist, counselor, or therapist.

### Plan your day:

- Get enough sleep and try to follow a regular sleep schedule.
- Make time to exercise. Even 30 minutes of moderate walking can help boost your mood and help reduce worry.
- Cut down on caffeine (including coffee, tea, and sodas), and avoid drinking alcohol.
- Set a specific “worry time” and limit your worrying to a 30-minute time block within your day. Don’t schedule this before bed.

### Try meditation and relaxation exercises:

- Try deep-breathing, guided imagery, and mindfulness exercises.



## With the help of your care team

### Ask your care team about prescription medications for anxiety.

- Medicines such as lorazepam (Ativan) or alprazolam (Xanax) can help provide relief from anxiety in the short term but may not be good long-term solutions.
- Antidepressants are better long-term treatments for chronic anxiety.



## When to call your care team for help

- If anxiety affects your breathing
- If you feel like your heart is pounding or racing
- If you have troubling thoughts that you can’t get rid of
- If you are using drugs or alcohol to cope
- If you feel despair or are having thoughts of hurting yourself



For more information and support, visit the American Cancer Society website at [cancer.org/anxiety](https://cancer.org/anxiety) or call us at **1-800-227-2345**. We’re here when you need us.