

# HOW TO PREVENT ANXIETY

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## TISCANLABS HEALTH GUIDE

mild anxiety can significantly affect long-term wellbeing. Mild anxiety can stop you from working effectively  
Anxiety can produce other emotional and physical symptoms.

### Physical effects

Anxiety can have many physical effects anxiety on your body such as nausea, headache and sleeplessness which can make you tired

### Diagnosis

Before you visit your Doctor, it's helpful to try to understand your own pattern of behavior and what may have happened to trigger your anxiety.

### Treatments

Anxiety can make your life difficult. But there are lots of things that you can do to help to reduce anxiety. These things help you find new ways of dealing with everyday situations.

### Make lifestyle changes

You may find that you tend to be more anxious when you are stressed. There are several lifestyle changes that can help.

- Regular exercise can help to reduce anxiety. It provides valuable time out and releases brain chemicals that improve mood and help you feel more positive.
- Don't drink lots of drinks containing caffeine or alcohol as both can increase anxiety.
- Eat a balanced diet - this will provide sustained levels of energy to keep you on an even keel.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.

### Symptoms