

# Life can feel like...



... THIS

## How can we manage the symptoms of Anxiety?

- Break tasks into smaller more manageable steps.
- Get some sleep! Lack of sleep and caffeine use can increase symptoms.
- Lean on your support system including friends, family, teachers, and your Student Assistance Program from EFR by calling (515) 244-6090 or visiting [EFR.org](http://EFR.org).

