**What can help you overcome your anxiety**

It happens quite often when we all feel a bit stressed out, worried, upset and frustrated. Unfortunately, it`s impossible always to be on cloud nine and to be totally carefree. In modern fast paced environment you have to push as hard as you can to achieve your goals. Nevertheless, don`t forget about your mental health.

**What to do if you feel anxious having restless mind from time to time?**

First of all, it might sound like run-in-the-mill advice, but really effective one — just calm down. Try to figure out absolutely essential understanding of your anxiety. There is one basic question which can help you with problem solving: is there anything depending on me which can improve the situation? If your answer is ‘yes’, it empowers you with self-belief and the only thing that matters here is **action**. Don`t be worried and just do what is in your control.

What if there is nothing you can be influential? If the solution to the problem is out of your control, let it go and distract yourself. You don`t have to torture your mind with worries. Imagine something pleasant for you, meditate, enjoy the beauty of the world, and what is important treat yourself to something tasty. All these small hints improve your mood and provide peace in your thoughts.

Remember that if you imagine something happening in the future our brain doesn`t know that it`s not real, it is activated as if you are experiencing it now. Save your nerves! Being anxious is not healthy.