

# How to overcome anxiety at work

and stay productive,  
even if you don't feel like it



## 01. Try deep breathing technique - needs practice

Write down your feelings and accept them

## 02.

Take a coffee break with someone you like

## 03.

Listen to your favourite music

## 04.



## 05. Give yourself a time off - take a walk, do some stretching or dance

## 06. Smile even if you don't feel like it

There is scientific evidence that smiling can help the body and mind recover from stress

## 07. Eat some dark chocolate to produce endorphines



## 08. Try Power Napping to gain some extra powers

Avoid conflicts with co-workers, prioritize and organize your work to stay focused

## 09.

Make your own list of values or other things that resonates you

## 10.

Take a look at this list every time you need to gain a bigger picture and keep emotionally stable



# Just Breathe 10 Ways To Overcome Anxiety

**Léo Pomar**



## **Just Breathe 10 Ways To Overcome Anxiety:**

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