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## Five tips to managing anxiety in challenging times

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Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.

sleeping too!

3) Get productive. Distraction is a great mind diversion when you are ruminating on your fears or unfounded beliefs. Have a list of projects you would like to complete and tackle one of them every time you get yourself in a worry-knot.

4) Exercise. If you start to worry or become anxious, take a walk or follow an exercise video. Yoga is a great exercise that is both a mindfulness practice and moves your body to be more flexible. If getting on the floor is a challenge, look for chair yoga.

5) Eat well. Diet is extremely important to mental health. Add immune boosting foods to your diet like citrus, blueberries, almonds, mushrooms, green tea, and red bell peppers.

If your feelings are interfering with your daily life, such as trouble concentrating or increased use of alcohol, seek help. The Disaster Distress Hotline is 1-800-985-5990.

If you need to process your worries, reach out to a friend or professional. Sometimes it is just good to talk through our anxieties. The Eldercare Services Aging Life Care Professionals can take your calls and help with consultations on the phone or via FaceTime calls. The Home Care Assistance team is available to assist you with caregiving needs. Our teams are following very high standards to keep everyone healthy during this epidemic - call us at (925) 937-2018.

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