5 WAYS TO COPE WITH *ANXIETY* OR FEELING *OVERWHELMED*

Break down big tasks into smaller chunks.

Try to focus on the smaller tasks instead of the entire project, making things more managable.

Celebrate small successes.

Take a few moments to recognize and appreciate even the smallest of successes. This will help you stay motivated and keep going.

Connect with positive people.

Surround yourself with people who will lift you up and remind you of your potential.

Reframe your thoughts.

Instead of focusing on what could go wrong, focus on the positive aspects of the project.

Take breaks & get enough rest.

Don't push yourself too hard. Give yourself breaks when you need them and make sure you get enough sleep.