

Want to feel better?

Here are a few quick tips:

- Exercise.
- Get plenty of rest.
- Focus on one task at a time; limit multi-tasking.
- Stay focused on what you can do at this moment. You create anxiety when you start thinking too far into the future. Stay here, now.
- Stretch and breathe: set your smartphone timer so that a gentle bell rings every hour to remind you to stop, stand up and stretch, and take a deep breath.
- Take an occasional “mental health day.”
- Play.
- Connect with people.
- Volunteer.
- Call me: 718-594-7157, or
- Email me: DouglasJWarn@gmail.com



Set up an appointment.

I can help.