



ANXIETY

Handle with Ease

Managing anxiety can be a daunting task, but there are several strategies that can help alleviate its symptoms. Anxiety can manifest itself in various ways such as nervousness, tension, restlessness, irritability, or racing thoughts.



Regular exercise is one effective way to reduce anxiety levels. Even light exercise, such as taking a brisk walk, can help reduce anxiety symptoms. Deep breathing is another helpful technique, which can be done anytime and anywhere.

Mindfulness meditation is another technique that can help reduce anxiety. Mindfulness involves focusing on the present moment and being aware of one's thoughts, emotions, and physical sensations without judgment. Mindfulness meditation can help reduce anxiety by teaching individuals to accept their thoughts and emotions rather than trying to suppress or avoid them.



Limiting caffeine and alcohol intake, getting enough sleep, and maintaining a healthy diet are also important in managing anxiety. Caffeine and alcohol can exacerbate anxiety symptoms, while lack of sleep and poor nutrition can leave individuals feeling fatigued and stressed.

It's essential to **seek professional help** if anxiety is severely impacting one's life. A mental health professional can provide support and guidance on managing anxiety, so don't hesitate to ask for help.



As always, we are committed to providing you with excellent service and assure you of one less thing to stress about – your retirement fund.

The Stanbic IBTC RSA Fund

In line with the investment guidelines issued by the National Pension Commission, the portfolio allocation for Fund I,II,III & IV were as follows as at 31 March 2023: Government Securities (46.36%, 66.53%, 75.97% & 72.07%), Money Market (26.21%, 13.93%, 12.28% & 16.25%), Quoted Equities (6.22%, 9.98%, 2.60% & 0.48%), Alternative Assets (Including mutual funds) (6.26%, 1.22%, 0.05% & 0.09%) and Other Fixed Income Instruments (14.95%, 8.34%, 9.10% & 11.11%).

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