THINGS YOU CAN DO when you are ANXIOUS

STAND UP STRAIGHT
TALK TO A FRIEND
STRETCH MEDITATE
CONTROL YOUR BREATHING
PLAY THE 5-5-5 GAME
- NAME 5 THINGS YOU SEE
- LIST 5 THINGS YOU HEAR
- MOVE 5 BODY PARTS
FOCUS ON RIGHT NOW
WRITE IT OUT
SMELL LAVENDER OIL
USE A CALMING VISUALIZATION
RE-LABEL WHAT’S HAPPENING
LISTEN TO A CALMING PLAYLIST
DRINK A GLASS OF COLD WATER
GO FOR A BRISK WALK

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