

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