

# 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