



TIPS FOR ANXIETY

1. GET A GOOD NIGHT'S SLEEP
2. SOCIALIZE
3. BREATHE IN 4 SECS, BREATHE OUT 8 SECS
4. LIMIT CAFEINE INTAKE
5. FEEL YOUR HEART BEAT
6. FOCUS YOUR ATTENTION ON A NEUTRAL OBJECT
7. USE ONE OF YOUR 5 SENSES TO EXPLORE YOUR SURROUNDINGS
8. IMAGINE A PEACEFUL, SAFE PLACE
9. LET GO OF PEOPLE THAT ARE CAUSING YOUR ANXIETY