

BE KIND TO YOUR MIND

Whenever you feel anxious, you can try one of the relaxation strategies below. The more you do these things, the better you get at it. Be patient with yourself.

1. Slowly breathe in and out.
2. Take a drink of water.
3. Color a picture.
4. Count to 10 slowly.
5. Write down your thoughts and feelings.
6. Talk to someone you trust.
7. Sit in a calm place.
8. Clean up.
9. Go for a walk.
10. Listen to a guided meditation.

Can you think of other ways to relax? Write them down.
