

# FEELING ANXIOUS?

**You can try different ways to reduce your own anxiety.**

- Breathe in and out slowly. (Try square breathing: breathe in for 4 seconds, hold breath for 4 seconds, exhale for 4 seconds, hold breath for 4 seconds.)
- Talk to someone you trust.
- Get active: walk, stretch or do a physical activity you enjoy.
- Get enough sleep and eat healthy foods.
- Turn off your phone; take a break from social media.
- Write down in words how you are feeling.
- Draw a picture of how you feel.
- Use positive affirmations every day to help manage your mood. Repeat these affirmations to yourself when feeling anxious.
- Write your own tip. For example: “I am afraid of doing something wrong. So, I will take 3 deep breaths and tell myself I will do my best.”