



Focus on
your breathing



Replace fearful
thoughts



Stay present



Phone a
loved one

HOW TO CALM YOUR ANXIETY

Finding little ways to reduce your stress and anxiety throughout the day will make you happier and will leave you feeling more in control with your life.



If you are suffering with anxiety, there is healing available. Seek treatment with your local therapist today!



Engage in a
calm activity



Play some
relaxing music



Write it out



Reduce caffeine, sugar
and processed food

Tips For Anxiety



Practice
breathing exercises



Find a creative
activity



Take care of your
sleeping routine



Focus only
on the present



It's ok to
ask for help



Stay active



Take a pause



Drink
cold water