

Tips for Anxiety



Practice breathing exercises

Inhale: 3
Exhale: 3

Inhale: 5
Exhale: 10



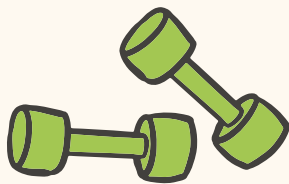
Find a creative activity



Take care of your sleeping routine



It's ok to ask for help



Stay active

Inhale 4
Hold: 4
Exhale: 4



Drink cold water



Take a pause

