

Managing Anxiety

Sometimes I feel anxious.



This is okay. I can use tools to feel better.



I can take a break, sit some place quiet, and close my eyes.



I can imagine myself somewhere relaxing, like on a beach or with my family.



I can think about things that make me happy.



I can take 5 slow, deep breaths in through my nose and out through my mouth.



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I can drink a glass of water.



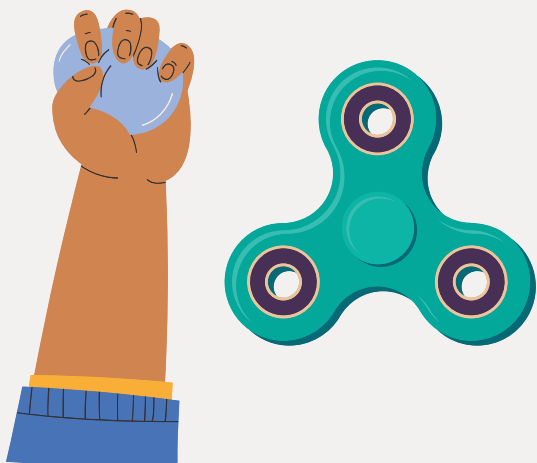
I can exercise, stretch, or take a walk.



I can do a relaxing activity, such as drawing, listening to music, or reading.



I can use a relaxation toy, such as a fidget toy or stress ball.



I can talk to a trusted friend or family member.



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