Tools to Manage Anxiety

- **Exercise, Dance or Do Yoga.**
- **Journal or Set Aside Thinking Time.**
- **Focus on your senses. What do you hear, see & feel?**
- **Practice Saying Thank You.**
- **Meditate or Take Deep Breaths In and Breath Out Slowly.**
- **Take a Break & Have a Drink Such as Coffee or Tea.**
- **Think of a Plan, Problem Solve, and Create a Possible Solution.**
- **Put Your Thinking Cap on - Draw, Dance, or Listen to Music.**
- **Recognize Unhealthy Thoughts & Change Them Slowly.**