

# ANXIETY

## MANAGEMENT TIPS

### ACCEPT

Say to yourself, “in this moment, I am feeling\_\_\_\_. In this moment I am okay. In this moment, I am safe.” Acknowledging your feelings head on will allow you to move past them much faster.



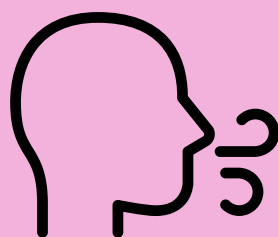
### IDENTIFY

Learn your triggers, and make accommodations for yourself. For example, if you know that loud noises trigger your anxiety, and you know a construction crew will be working outside, keep ear plugs in your desk to dull the sound.



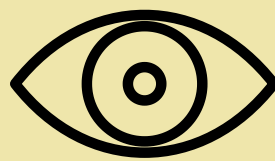
### BREATHE

Breathing can help counter physical symptoms of anxiety, like rapid heart rate and tensing muscles. Inhale deeply through the nose and exhale slowly out through the mouth for 5-7 seconds at a time.



### 5 YOU CAN SEE

Grounding exercises can help bring us into the present moment during times of anxiety. Look around and name 5 things that you can see. These can be big objects like buildings or trees or small objects like a book or a pen.



### 4 YOU CAN TOUCH

Name 4 things that your body is touching. This can even include your socks against the skin of your feet, the feeling of your denim jeans or the arm of the chair that you're sitting on



### 3 YOU CAN HEAR

Focus on ambient sounds you may not usually focus on, such as birds chirping, the hum of a fan or air conditioner, children playing outside or the sound of wind through the trees.



### 2 YOU CAN SMELL

Try walking around until you find 2 scents, which may include the laundry, the bathroom soap, or flowers outside.



### 1 YOU CAN TASTE

This could be the taste of a drink, meal, a piece of candy, or chewing gum. Or have a sip of a drink, and focus on the flavors.

