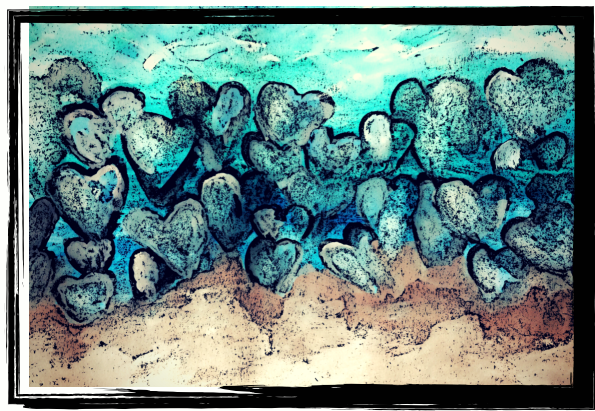


10



TIPS FOR REDUCING ANXIETY

1

A DAILY ROUTINE OF PRACTICING BREATHING

Use the Headspace App to get started

2

GRATITUDE

Having an attitude of gratitude helps . List 2 Things you are grateful for every day

3

PUT A POSITIVE SPIN ON YOUR DAY

Click [HERE](#)

4

TAKE ACTION

Exercise, get outside, change your thinking patterns

5

TALK THINGS OUT

With a friend , a trusted adult or when necessary a School Counsellor, a Doctor , a Therapist

6

CONFRONT THOSE FEARS

Feel the fear , confront it and face those fears one fear at a time

7

CREATE

Find something you love to do and do it ! Art, Music, Drama, Writing, Sports : Create Create Create

8

DISCOVER

Discover your triggers and journal them

9

BE KIND TO YOUR MIND

Find ways to talk to yourself in a positive way. Challenge those anxious thoughts. Treat yourself like you would your best friend

10

GIVE BACK

Volunteer ... make a difference in someone's life. Helping others helps ourselves

