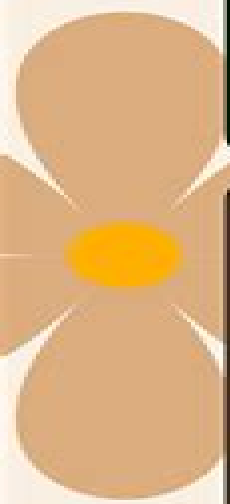
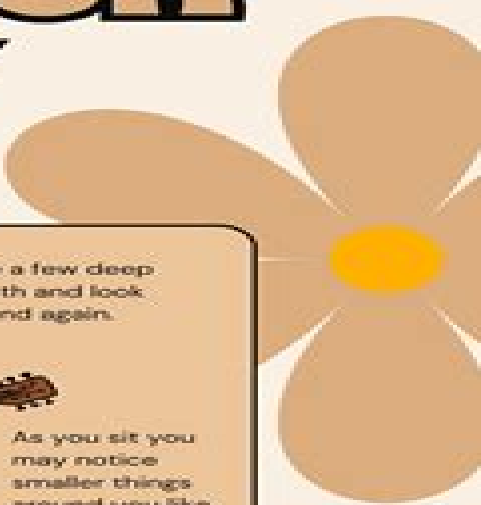
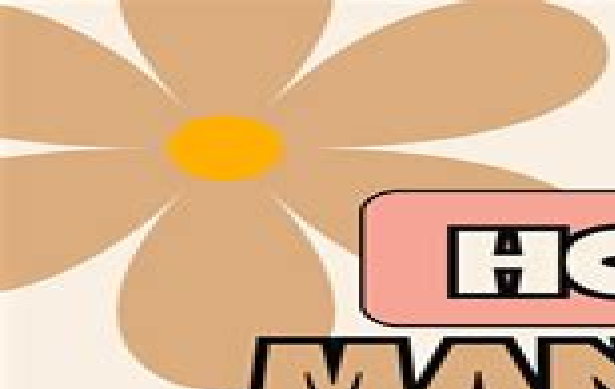




HOW TO MANAGE YOUR ANXIETY



01

Give yourself the space to stop and smell the flowers. Sit without any distractions and just observe your surroundings.

PSet a timer for 10 minutes and mentally take note of what you observe. At first you may notice larger things like construction or people walking around.



02

03

Take a few deep breath and look around again.



As you sit you may notice smaller things around you like leaves falling, bees pollinating the flowers...

When we feel anxious our body goes into a fight or flight response. You may want to do anything BUT sit down and try and relax. That's why it's important to take the time to just sit and de-escalate with some observation meditation. Great job.

04



Mental Health Tips Anxiety Relief On Sale

Malinee Thambyayah



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