
ANXIETY

copying skills

BREATHE

Close your eyes, breathe in through your nose for 4 seconds. Hold it for 7 and exhale for 8 seconds. Repeat.

WRITE IT DOWN

Recognising how you feel is important in order to know how to treat that emotion. You can do this by writing down exactly how you feel. Get it out of your head and put it down on paper.

MINDFULNESS

Meditation and yoga is a great way to relax the mind. Put on some calming music and relax. Think about your happy place.

EXERCISE

If you are feeling anxious, try to get up and walk around. You don't have to leave the house for this but even walking to a different room can help to calm your mind.

DISTRACTION

Distract yourself by reading a book, take a shower, listen to music, call a friend, go for a walk.

REASSURANCE

- Tell yourself:
- I will get through this
 - I am breathing
 - I am going to calm down
 - I am going to be okay

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