

TECHNIQUES TO REDUCE ANXIETY OR STRESS

Sometimes you need a quick way to calm yourself. Maybe it's before a big test or you're waiting to hear whether you made the team or got the scholarship you applied for. Try the techniques listed here to find the one that works best for you!

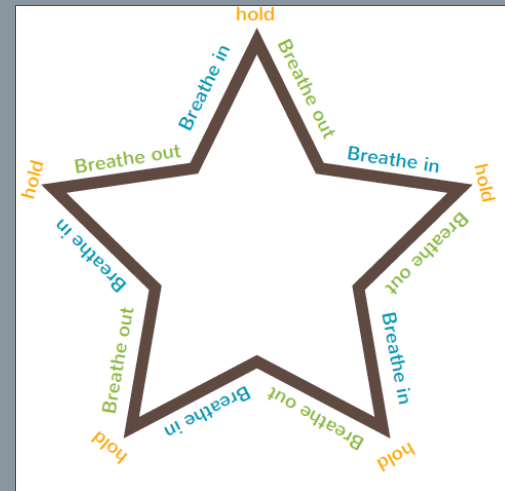
FAVORITE PLACE OR THING

Close your eyes and think about your favorite place or favorite thing

Focus on this place or thing and image how happy you are when you are there or when you're holding or interacting with the thing that is most special to you

STAR BREATHING

Start at any "breathe in" side, hold your breath at the point, then breathe out. Keep going around the entire star



NAME ANIMALS ALPHABETICALLY

Close your eyes and think about all your favorite animals. Now name one animal for each letter of the alphabet

A is for Alligator
B is for Bunny

Breathe in (through your nose) when saying "A is for" and breathe out (through your mouth) with the name of the animal

SQUEEZE SOMETHING

When you're feeling anxious or stressed, reach for something you can squeeze

Play Dough
Clay
Silly Putty
Tennis Ball
Stress Ball

Find what works for you and keep this in your backpack or desk

54321 GROUNDING

Find a piece of paper and write down the following

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

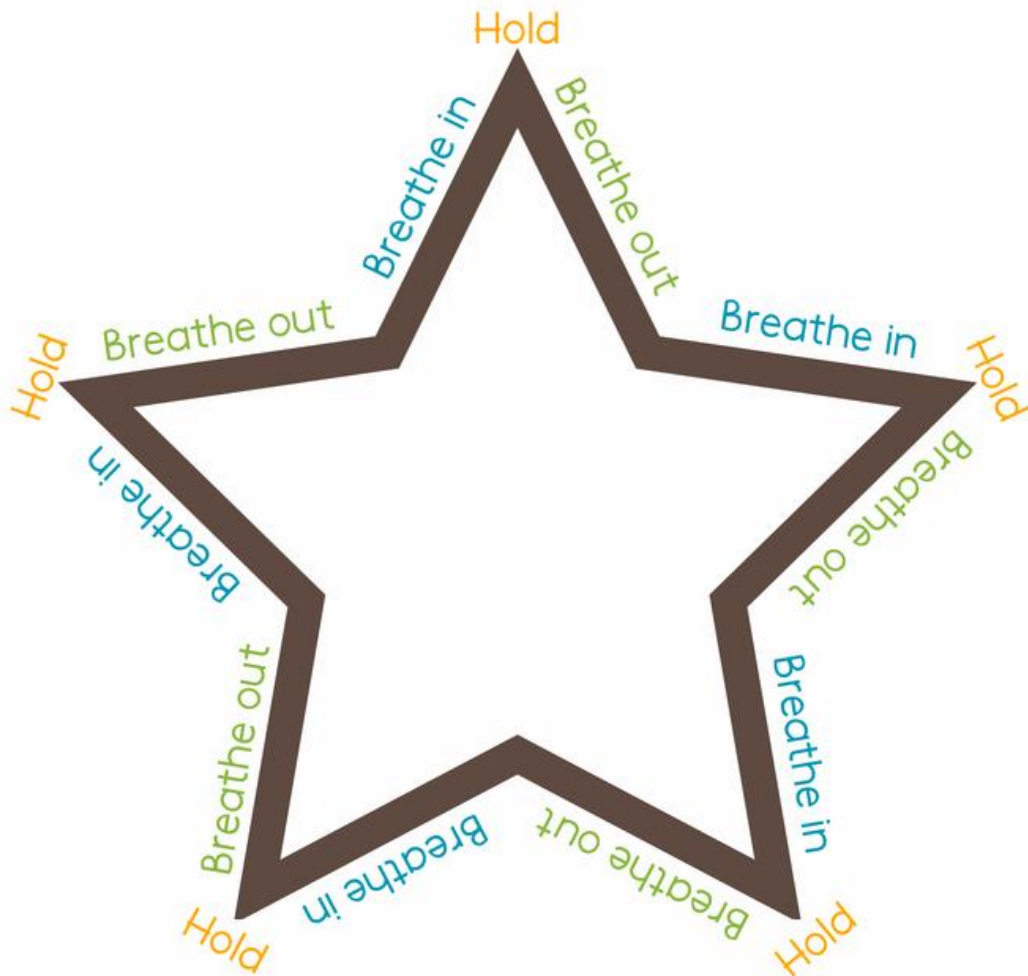
3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Star Breathing

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Keep going until you’ve gone around the whole star.



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