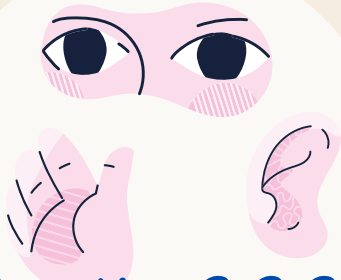


# TOOLS TO MANAGE ANXIETY



## Practice 3-3-3:

Name 3 things you see, 3 sounds you hear, and move 3 parts of your body



## Gratitude:

Think of 3 things you're grateful for



## Take a time out:

Listen to music, journal about what's bothering you, enjoy a hobby



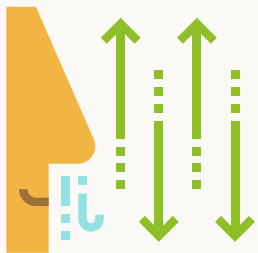
## Take healthy action:

Do yoga, take a shower, go for a walk



## Feel the love:

Spend time with pets or talk to family or friends



## Count it out:

Take 10 deep breaths or just count to 10 slowly



## Problem-solve:

If it's something you have control over, focus on thinking of 5 possible solutions