



9 TIPS FOR COPING WITH ANXIETY ATTACKS

#1 REMEMBER TO BREATHE

#2 GO FOR A WALK

#3 DISTRACT YOURSELF

#4 TURN TO A FRIEND

#5 CHALLENGE NEGATIVE THOUGHTS

#6 TRY A GROUNDING EXERCISE

#7 TRY EFT TAPPING

#8 SPLASH COLD WATER ON YOUR FACE

#9 REMEMBER THAT ALL ANXIETY ATTACKS WILL END

Anxiety Relief Sleep Hacks Top

N Nodding

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