
ANXIETY

coping 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

Sight Words List Anxiety Relief Prices

Ian Pickup



Sight Words List Anxiety Relief Prices:

Notes and Queries ,1873 Resources in Education ,1972 Research in Education ,1968-07 Notes and Queries:
a Medium of Inter-communication for Literary Men, Artists, Antiquaries, Genealogists, Etc ,1873 **The Graphic** ,1878
The Irish Crisis of 1879-80 Dublin Mansion House Committee for the Relief of Distress in Ireland,1881 *Musical*
News ,1896 The Law Times ,1874 The Irish Crisis of 1879-80 Dublin Mansion House Relief Committee,1881 *Short*
stories [formerly Magazine of short stories]. ,1894 The Illustrated London News ,1877 **Educational Weekly** ,1878
Comprehensive Dissertation Index ,1984 Vols for 1973 include the following subject areas Biological sciences
Agriculture Chemistry Environmental sciences Health sciences Engineering Mathematics and statistics Earth sciences
Physics Education Psychology Sociology Anthropology History Law political science Business economics Geography regional
planning Language literature Fine arts Library information science Mass communications Music Philosophy and Religion
Engineering and Mining Journal ,1892 **Michigan Christian Advocate** ,1893 *American Teacher* ,1900 The
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