

Anxiety Management Strategies

Go for a walk

Magic Mustache

Fidgets

Gum

"Name it to Tame it"

Breathe (Bowl of Soup)

Drop your shoulders, release tension in
your fists, jaw, etc...

Challenge your thoughts

Count items of the same color in your
environment

What is something I can hear, taste,
see, smell, touch?

Put something that is out of place
back in its place

Take a break from social media

Meditation

Coloring

Think about what is going right

Find something on Youtube that makes
you laugh

Give yourself permission to say no to
extra tasks

Manage your to-do list