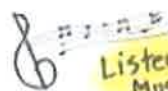


Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Watch the stars



Write a Letter

Learn something NEW



Listen to a guided relaxation



Read a Book



# 50 Ways to Take a Break

sit in NATURE



2x Move twice as slowly

Take Deep Belly Breaths



MEDITATE



Call a friend



Meander around town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing Scent



Walk Outside



Go for a run



Take a bike ride



Create your own coffee break



View some ART

Eat a meal in SILENCE



Turn off all electronics



Go to a park



Pet a furry creature



read or watch something FUNNY



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a Farmers Market



Forgive someone



Engage in small acts of KINDNESS

COLOR with Crayons



Make some MUSIC



Climb a tree

Let go of something



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry

Put on some music and DANCE



Give Thanks



# FEELS AND LOOKS LIKE

FEELING   
DISCONNECTED  
FROM THE WORLD

 @BELIEVEPHQ

WORRYING ABOUT  
FUTURE EVENTS



TIGHT CHEST

UNCONTROLLABLE  
WORRIES

OVERTHINKING



EXCESSIVE  
WORRYING



DEPERSONALISATION



HEADACHES

RESTLESSNESS



LIGHT HEADEDNESS

TENSENESS



INCREASED HEART RATE



PANIC  
ATTACKS



TREMBLING



HYPERVENTILATION

SECOND GUESSING

WORRYING ABOUT  
PAST EVENTS



MIND READING



SHORTNESS OF BREATH



DISQUALIFYING THE POSITIVE



LOSS OF  
APPETITE



STOMACH CRAMPS



HOT FLUSHES



NAUSEAU



FEAR



NERVOUSNESS

AGITATION



ALL OR  
NOTHING  
THINKING

AVOIDANCE

"WHY  
CAN'T I  
SLEEP?"



"WHY  
CAN'T I  
RELAX?"



"WHAT  
IF..."



WANTING  
REASSURANCE



CATASTROPHISING



IRRATIBILITY



SWEATING



**Memory Issues**



**Overthinking**



**Avoidance**



**Insomnia**



**Sweating**



**Rapid heartbeat**



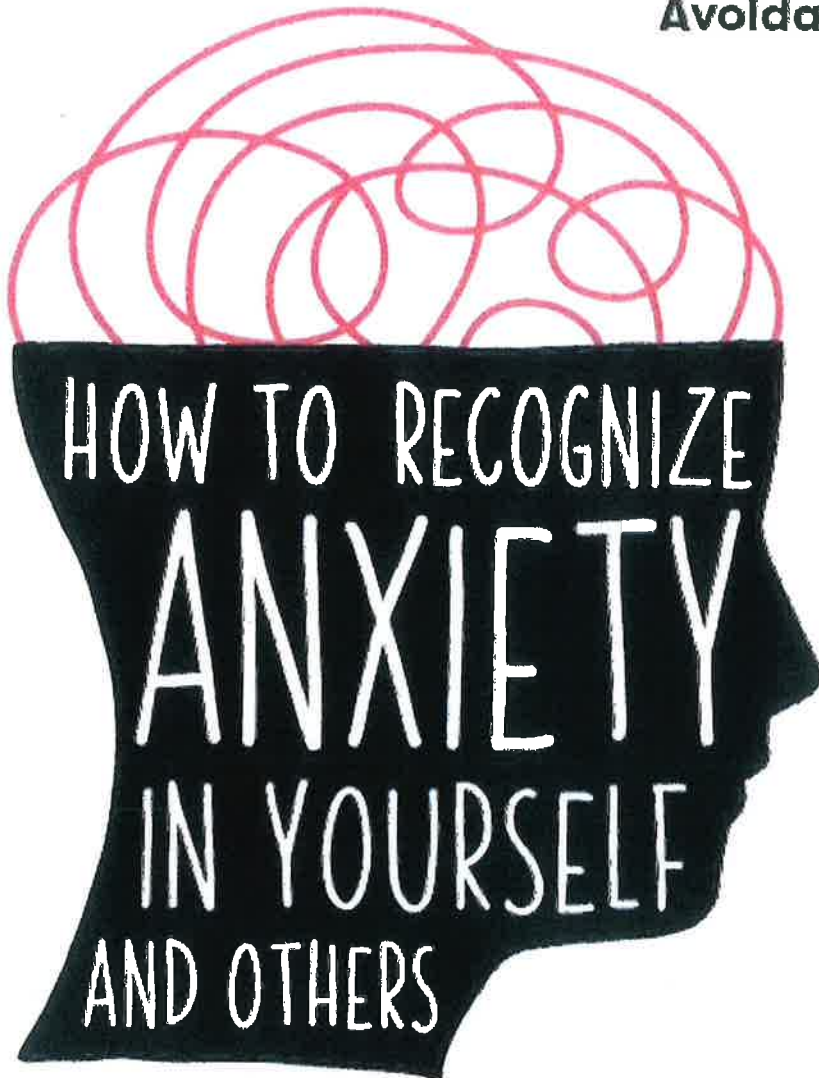
**Stomach Issues**



**Headaches**



**Panic attacks**



**HOW TO RECOGNIZE  
ANXIETY  
IN YOURSELF  
AND OTHERS**



**Trouble breathing**



**Needing reassurance**



**Procrastination**

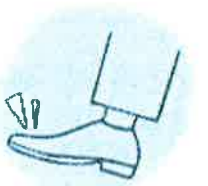


**Constant worrying**



**Trouble concentrating**

**Lack of patience**



**tutor  
doctor**

# TAKE CARE OF YOUR MENTAL HEALTH



TALK ABOUT  
YOUR FEELINGS



EAT WELL



TALK TO FRIENDS  
AND FAMILY



KEEP ACTIVE



ASK FOR HELP



TAKE A BREAK



DO SOMETHING  
YOU'RE GOOD AT



ACCEPT WHO  
YOU ARE



CARE FOR  
OTHERS

# Grounding technique to help during an anxiety attack

## Look around you...

5

Look for 5 things you can see.  
Say their names out loud.  
Which one is nearest to you?



4

Find 4 things you can touch. Touch them.  
How do they feel under your fingertips?



3

Listen for 3 things you can hear.  
Can you identify what is making the noise?



2

Sniff 2 things that you can smell.  
Do the smells remind you of anything?



1

Taste 1 thing in your mouth.  
What did you last eat or drink?



This is called grounding. It can help you to feel calm when you feel like you have lost control of your surroundings. It is a simple technique within mindfulness, to help you notice what is in front of you. One of the senses might be more heightened than another during an anxiety attack. If you notice that you struggled to focus on one of the examples, go back to it and repeat it again.

When you have settled and feel calmer, and your heart rate has come back down, focus on your breathing. Sit in a comfortable sitting position. Breathe in deeply and exhale completely, for 3 breaths.