

Positive Coping Skills to Manage Anxiety

Just Breathe

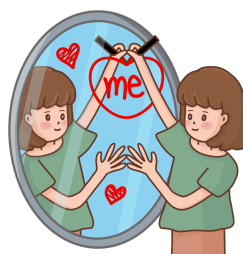
Take some deep breaths



Meditate



Dance or listen to music



Say positive affirmations every day



Paint, draw, or colour



Stretch



Plan worry time - set aside 10-minutes to indulge your worries



Take a time out with a cup of tea



Identify unhelpful thoughts and challenge them



Do progressive muscle relaxation



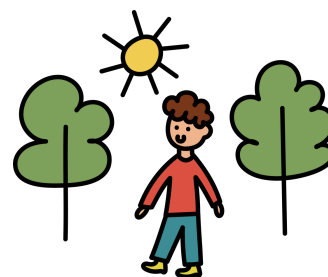
Write your feelings in a journal



Express gratitude



Spend time playing with your pet



Go for a walk

