

Ideas to Help Reduce Anxiety and Stress

Deep Breathing - in through your nose for the count of 3, hold for the count of 1 and then out through your mouth for a count of 3.

Relaxation Exercises - from your head to your toes.

Meditation or Yoga

Practicing Mindfulness - being present in the moment - Stop, Breathe, Think.

Exercise - walk, run, jump rope, ride your long board or a bike.

Writing/Journaling/Drawing/Doodling/Coloring

Time Management - breaking down projects into manageable steps.

Clean or Organize - your room, your belongings, your thoughts, your mind.

Aromatherapy - using soothing plant oils, scented candles, herbs, lavender.

Sleep - are you having a hard time sleeping? Let's talk about it - have you turned off all screens including your phone one hour before going to bed?

Spend some time with animals and/or pets.

Spend time with friends via FaceTime or other Social Media venues.

What else do you think might work for you?