

HOW TO COPE UP WITH ANXIETY ?

1. Pet an animal.
2. Listen to music you love.
3. Put on earplugs. And relax.
4. Go for a walk.
5. Talk to a friend.
6. Call the mental health helpline.
7. Go hiking.
8. Go to the gym. Let out some stress.
9. Turn of the lights. Take a nap.
10. Nourish your body.
11. Let the storm pass.
12. Take 5 deep breaths. Relax. Repeat.
13. Draw.
14. Colour.
15. Call your parents.
16. Call a loved one.

