






PHILOS
Support Services

3 Minute Break: Reduce Anxiety

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Choose 1 of the 5 and commit to doing it for 3 minutes.

1. *Journal: Write your worries down and save them for another day.* 
2. *Live in the moment: Soak in your surroundings...listen intently to a distant noise, find a chirping bird, focus on the different tastes of your food.* 
3. *Breathe: Big breath in through your nose for a 5 count, exhale out of your mouth for a 10 count- do this at least 4 times.* 
4. *Talk: Talk to a trusted friend or family member. Keep your circle tight.*
5. *Pray or meditate: Find your spiritual center, use your spiritual practices to ground you.*