



5 Quick Ways to Reduce Anxiety:

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 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.



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