**TEN WAYS TO REDUCE/ALLEVIATE ANXIETY DURING THIS CHALLENGE**

1. Take all precautionary measures to keep yourself and those within your

household safe. Stay home unless it is an absolute necessity

1. Keep a gratitude journal. Even during this challenge, we can still be grateful. (i.e. life, health, strength, extended deadlines for utilities,
2. Read encouraging scriptures to build up, stir up and cheer up (i.e. “Fear Not, Be Not Afraid” scriptures)
3. Change your mind, think more positively
4. Disconnect from social media, TV, etc. to give yourself a break from some stressors
5. Connect via FaceTime, etc. if your temperament requires interacting with others on a wide scale
6. Meditate in a quiet space with instrumental, relaxing music in a place
7. Enjoy a “virtual” vacation to your favorite place.
8. Enjoy more quality time with family during meals
9. Share your feelings with each other (family, children, friends) as necessary

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