



# WAYS TO COPE WITH ANXIETY

The following calming techniques can help with anxiety symptoms, including panic attacks.

**TAKE DEEP BREATHS:** Close your eyes and relax all of your muscles. Take a deep breath, slowly count to four, and then slowly release your breath—blowing away the anxiety and stress. Repeat.

**PRACTICE MINDFULNESS:** Notice everything around you. Make note of the sights, smells, and textures around you and of how you are feeling. Throughout the day, remind yourself to be fully present and focus on the “now”.

**GET PLENTY OF SLEEP:** Getting adequate sleep is extremely important. Unplug and relax an hour before bedtime—read a book, meditate.

**VISUALIZE:** Close your eyes and imagine a relaxing scene, adding as many details as you can. Even better, pair your visualization with deep breathing.

**EXERCISE:** Physical exercise reduces stress and releases chemicals that makes you feel better. Do yoga, ride a bike, shoot hoops, or take a long walk.

**TRY GUIDED MEDITATION:** With guided meditation, a voice helps you relax your body and focus on your thoughts. Guided meditations are available on streaming services like Spotify, and on apps like Meditation Studio or Calm.

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**If anxiety is affecting your schoolwork or causing you problems, confide in someone you trust. Talk to a family member, counselor, or doctor and ask for their help.**

