



## 5 Strategies to Calm Your Anxious Mind

### 1. Limit your news and social media intake

Scrolling through social media headlines or watching hours of news programs dedicated to reporting on the pandemic will likely increase your fear and anxiety. If the information doesn't inform, educate, or uplift, skip it!

### 2. Practice being mindful

Mindfulness isn't about meditating for hours while burning incense and listening to New Age music. Being present for each moment, observing your thoughts and feelings without judgment, that's mindfulness! Practicing mindfulness forces you to s-l-o-w down which helps reduce stress levels.

### 3. Create a new routine

Relaxed academic and work expectations can often create anxiety because most people thrive on predictability. Create a new routine that fits your current reality, not the life you knew before social distancing, remote learning, and daily Zoom conference calls. Be sure to include healthy

habits into your routine like a consistent sleep schedule, exercise, and time to enjoy yourself.

#### 4. Ground yourself

A quick way to prevent anxiety from ramping-up to a full-blown panic attack is to ground yourself with the Four-by-Four method. If you're on the verge of panic, notice four things you can see, four things you can hear, and four things you touch. It's difficult for your brain to focus on your worries and fears while also engaged in this exercise.

#### 5. Watch your thoughts

Evaluating, judging, and comparing yourself to other people is going to lead to more distress and negative thinking. Whenever you get stuck in this process, simply label the thought: "comparing," "judging," or "evaluating."

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Check out the [2ndFloor Message Board](#) and share what's on your mind about the Coronavirus, mental health issues, problems at home, abuse, drugs - anything!

[2ndFLOOR Message Board](#)



# Say Goodbye to Stress with the Body Scan Meditation

Research shows there are many health benefits to practicing meditation. Practicing a Body Scan Meditation for just 20 minutes per day can lower stress levels, increase your focus, and expand your self-awareness.

Give it a try!

[Body Scan Meditation with Jon Kabat-Zinn](#)



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Don't be afraid to cry. It will free your mind of sorrowful thoughts.

-American Indian Proverb, Hopi

Some people believe crying is a sign of weakness; however, the more you suppress your emotions, the more likely they are to control you. Allowing your emotions to run their course may not feel great at the moment, but it's the best way to heal and move past the difficulty.

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## Freaking Out?

Give the [STOP method](#) a try!



### **S (Stop)**

Stop! Take a moment to pull yourself together.

## **T (Take a breath)**

Take a breath....take a few deep breaths. Focus on grounding yourself to the floor, earth, or the chair and breath.

## **O (Observe)**

Observe your thoughts, emotions, and bodily sensations. Try not to judge or evaluate any part of your experience. Simply observe what's going on inside of you.

## **P (Proceed)**

Proceed with a positive attitude. You don't need to have it all figured out. Just put one foot in front of the other and keep moving!

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**Taking Charge of Your Mental Health** - from

[www.nami.org](http://www.nami.org)

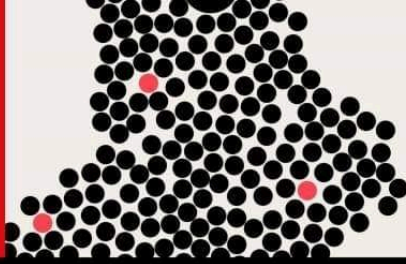
## Taking Charge Infographic



Free crisis counseling available 24/7 and tips on coping with the stress of the health crisis. Check out . . .

**How to Deal with Isolation** - from [www.crisistextline.org](http://www.crisistextline.org)

**Anxious  
about the  
coronavirus?**



**We're here  
to help you  
cope.**

**To reach our  
Crisis Counselors,  
text NAMI  
to 741741.**

CRISIS TEXT LINE |

