



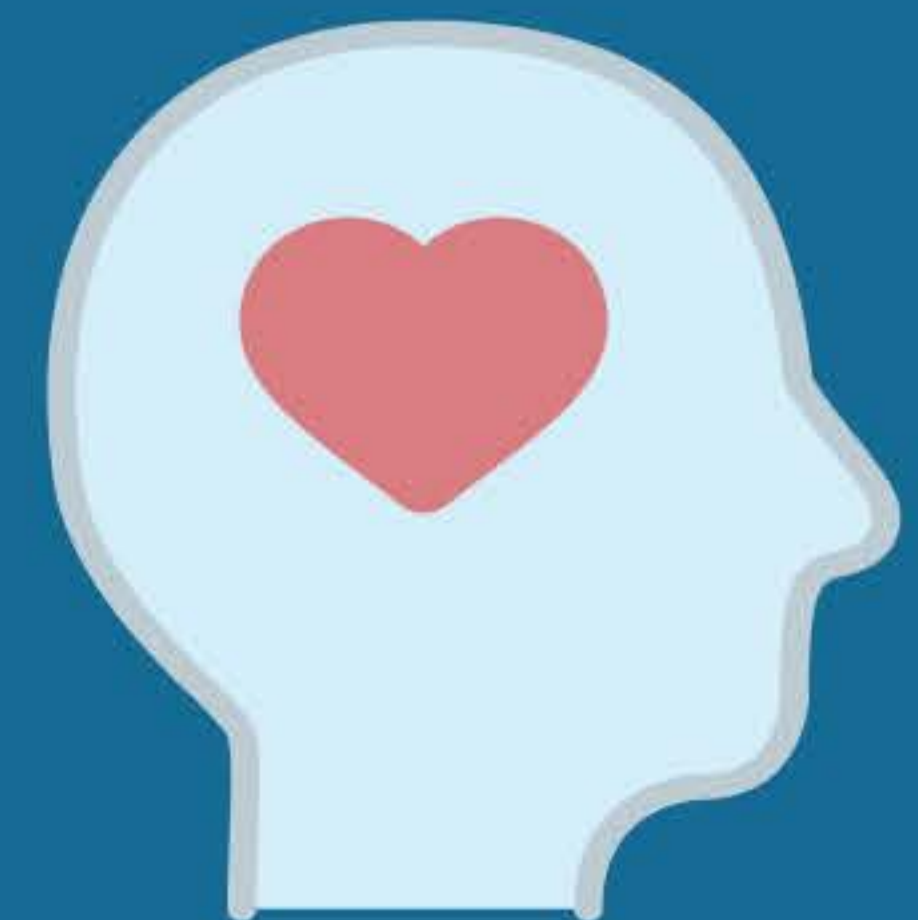
## Muscle Group Relaxation

*This technique involves tightening and relaxing different muscle groups, starting with your feet and moving upward. This helps you become more aware of your body and when you are tense.*

- Begin by focusing on your feet. While sitting or laying down, point your feet downward and curl your toes under, creating tension in your muscles.
- Feel that tension for a few moments, then relax.
- Note the difference in feeling between relaxation and tension.
- Continue to tighten and relax muscle groups, working up the body.
- Next, move up in the following order: calves, thighs, abdomen, shoulders, and neck.

## Tips & Tricks to Help Decrease Anxiety

*Follow this guide for easy, fun, and free activities that help decrease stress and anxiety!*



# 5-4-3-2-1 Method

To do this technique, look around the room and name...

5

things you can SEE



4

things you can TOUCH



3

things you can HEAR



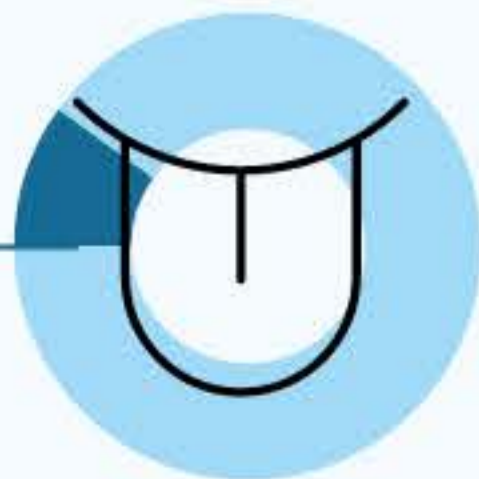
2

things you can SMELL

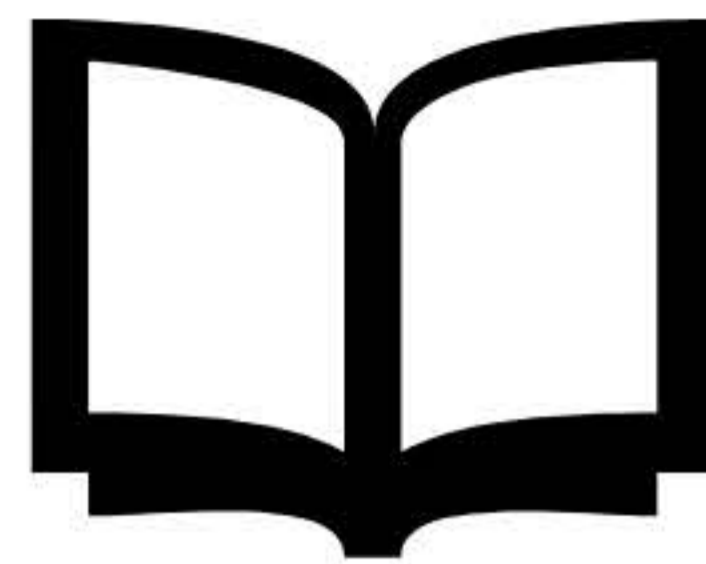


1

thing you can TASTE



## Activities



### Journaling

Write out your current thoughts and feelings to understand them more clearly



### Soothing Music

Listening to calming or happy music for short periods of time may help lower anxiety



### Coloring

Expressing your creativity allows you to direct focus on the masterpiece in front of you!



### Deep Breathing Exercise

Breathing techniques can prevent over-breathing during anxiety attacks and help keep you calm!

- Breathe in deeply through your nose over 3-5 seconds
- Hold your breath for 3-5 seconds
- Exhale slowly through your mouth for 3-5 seconds
- Repeat for several minutes or until calm

### Count to Calm

While breathing slowly and deeply, count to 10. If you're not feeling better by the end of the count, continue and count to 20

