

# 5 Things You Can Do to Reduce Your Anxiety



**1** Write out your emotions - Identify your emotions & write about how you're feeling in a journal.

**2** Move around - Utilize your home space & do an at home workout or declutter an area in your home.

**3** Limit time on social media - Don't focus on the news or social media. Instead, spend your time doing things that make you happy and engage in self-care.

**4** Maintain social support - Connect with your friends. Whether it's online, through text, video chatting or in person, make sure you check in & see how they are doing.

**5** Use your 5 senses - What are 5 things you can see?, what are 4 things you can touch?, what are 3 things you can hear?, what are 2 things you can smell?, what is 1 things you can taste?



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