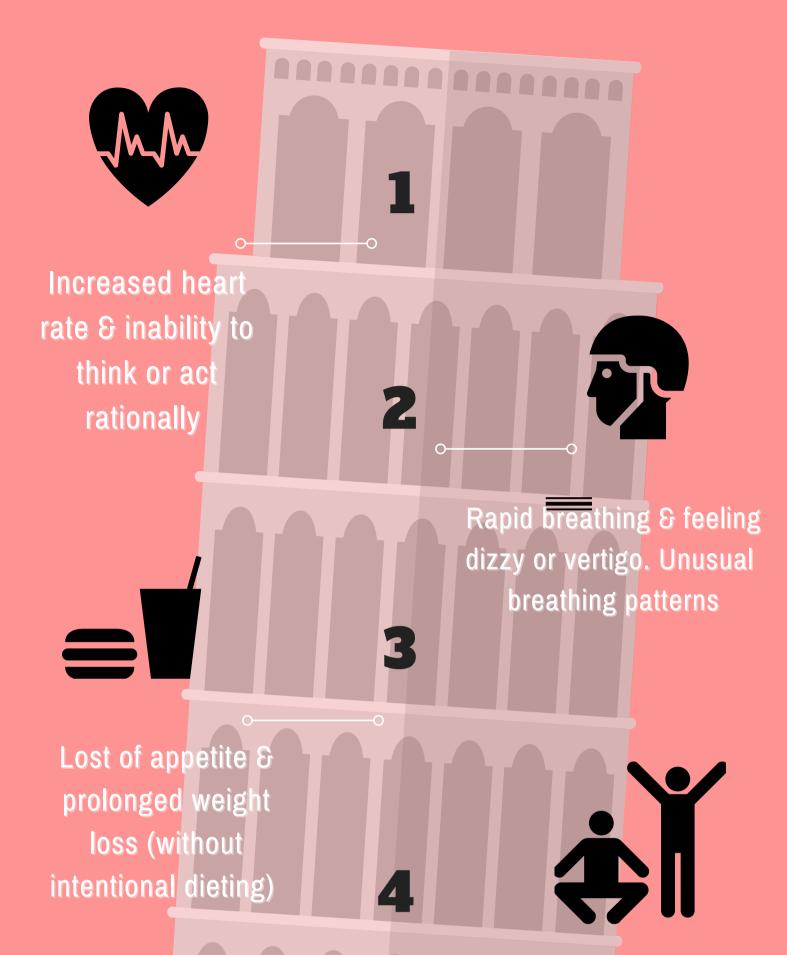


## WHAT ARE SOME SIGNS OF ANXIETY?



Being erratic & worked up. Can't sit still or constantly ruminating

## **QUICK TIP**



Orientate yourself. Stop to think where you are, what time is it, and your senses.



## breathe

Engage in deep breathing. Allow ample space if needed and repeat until anxiousness passed

## ground

Use your senses and engage them. This can be a task such as counting, touching objects, or even cogntive rehearsals