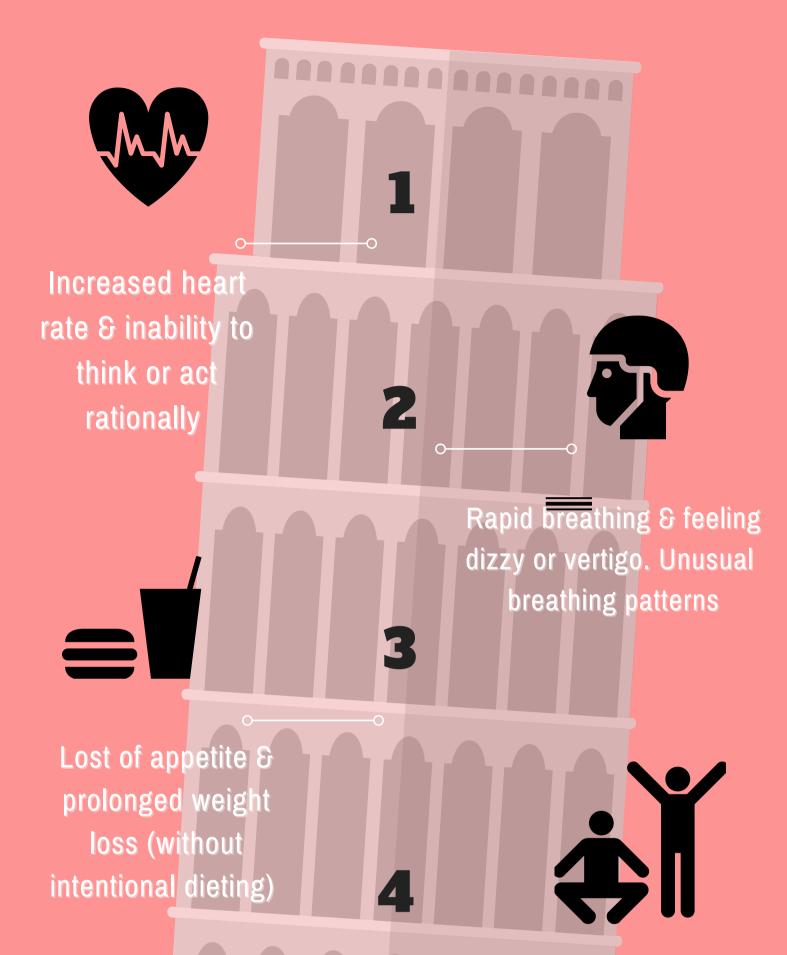


WHAT ARE SOME SIGNS OF ANXIETY?



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