

Anxiety Busting!

The next time your mind is stuck on anxiety and worry, try the following simple exercise!

Take a deep breath in and out.

Look around you and notice:



5 things you can see: Your hands, the sky, a plant.



4 things you can feel: Feet on the ground, the chair.



3 things you can hear: Birds chirping, your breath.



2 things you can smell: Coffee, your lunch, clothes.



1 thing you can taste: A mint, gum, the fresh air.

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