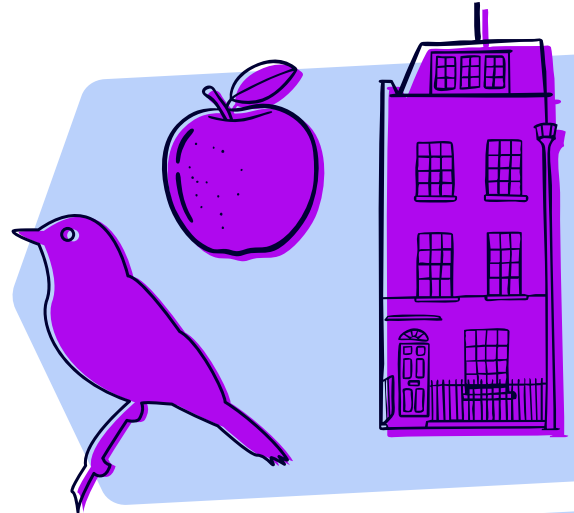


Feeling anxious?

Try these 5-minute techniques

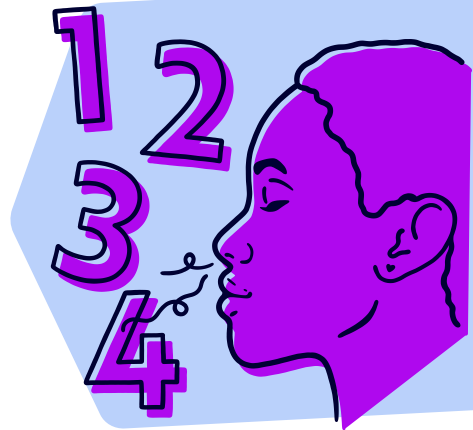
333 Rule

Look around you, identify three objects of varying sizes. Close your eyes and identify three sounds. Reach out and identify three things you can touch or move.



Box Breathing

Close your eyes and imagine a square shape. Slowly breathe in, hold, breathe out, hold, for four seconds each. With each step, slowly draw the lines of the square. Repeat as needed.



Distraction

Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music



To learn more about anxiety visit:
mentalhealth-uk.org/anxiety-disorders