



## **Things You Can Do When You Feel Anxious**

### **\*Focus Your Brain On Another Activity**

(read a book, play a computer game, do a puzzle, watch television)

### **\*Participate In A Physical Activity Or Sport**

### **\*Use Deep Breathing Exercises**

### **\*Imagine Yourself In A Special Place**

### **\*Think Positively Using Affirmations**

### **\*Find Something Funny That Will Make You Laugh**

### **\*Write Your Worries In A Journal**