Feeling Worried or Nervous? Take a Calm Tip!

Pick one to try and feel better!

- Take 5 slow breaths.
- Count to 10 and then back.
- Squeeze, then relax your hands; repeat until you feel calm.
- Stretch up, then flop down; repeat until you feel calm.
- Close your eyes and think of a happy place.
- Blow out 10 pretend candles – use your fingers as candles.
- Name 10 things you can see.
- Put your hand on your chest and feel it move until you feel calm.
- Tap your fingers gently on your legs until you feel calm.
- Draw or ddole how you feel.

SEE OUR WEBSITES FOR MORE FREE RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM

2 WWW.ANXIETYHELPBOX.COM

3 WWW.FEELINGSHELPBOX.COM