

ANXIETY

THE NEXT TIME YOU FEEL ANXIOUS - DO THIS



NOTICE

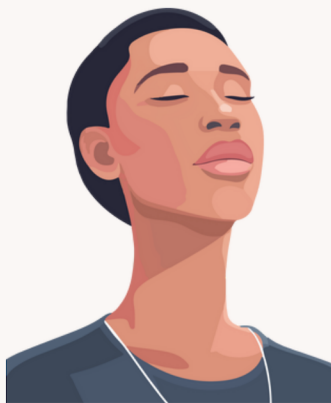
**WHAT SENSATIONS AM I
HAVING IN MY BODY?
NOTICE THREE SENSATIONS.**

- 1.**
- 2**
- 3**



MEASURE

**NOW CREATE A MENTAL
SCALE OF 1-10,
WITH 1 BEING NO ANXIETY AT
ALL AND 10 BEING THE MOST
ANXIOUS YOU HAVE EVER
FELT. RATE YOUR CURRENT
ANXIETY, GIVE IT A NUMBER.**



BREATHE

**NOW CLOSE YOUR EYES AND
TAKE 5 DEEP BREATHS LIKE
THIS:
INHALE BY COUNTING TO 5,
HOLD FOR 2 COUNTS, EXHALE
FOR 5 COUNTS AND HOLD
FOR 2.**



MEASURE

**NOW RATE YOUR ANXIETY
LEVEL AGAIN. MOST PEOPLE
WILL FEEL A REDUCTION IN
ANXIETY LEVEL BY AT LEAST 2
POINTS.**

