

BEFRIENDING YOUR ANXIETY



1. **Body awareness:** Breathing, muscle relaxation, body scan (*Check guided body scan meditation*)
2. **Check your five senses:**
 - **SMELL:** Remember the last thing you smelled (use a lemon or similar smell to ground yourself).
 - **TOUCH:** Notice contact with the chair, hold a teddy or a stone.
 - **SIGHT:** What can you see in the room (think of the colours and shapes in detail as if wanting to paint it).
 - **TASTE:** Remember the last thing that you tasted. What did it taste like?
 - **SOUND:** What can you hear? Traffic, music, birds, someone's voice.
3. **Move your body:** Stamp your feet on the ground, move around, RUN! Clap and rub your hands together.