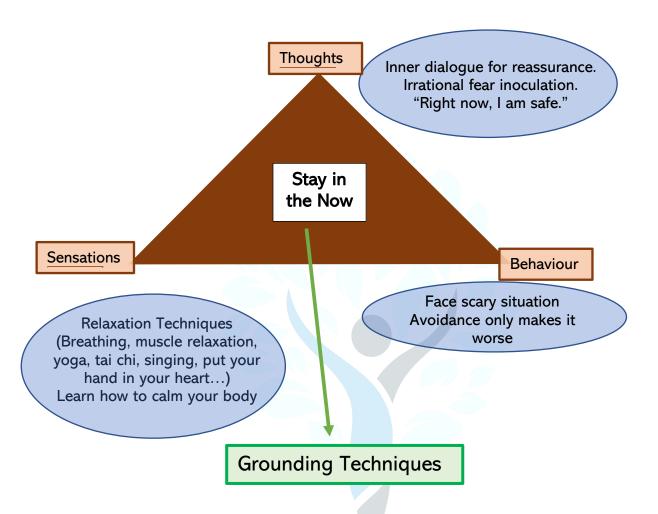


## **BEFRIENDING YOUR ANXIETY**



- 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.