



14 Quick Techniques to

# GET RID OF ANXIETY!

try these to get out of your head and into the present moment



I am safe.

I am secure.

I feel at ease.

I am healthy.

I am balanced.

I breathe in.

I breathe out.

- Do 50 Jumping Jacks
- Do 12 Push Ups
- Go on a walk
- Put down your phone
- Say some mantras
- Write in a journal
- Sing
- Listen to music
- Laugh!
- Turn negative thoughts into positive ones
- Allow yourself to feel
- Give a hug
- Take a break
- BREATHE!