

TIPS FOR COPING WITH ANXIETY AT HOME

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PROGRESSIVE MUSCLE RELAXATION

Sometimes when we are anxious, our bodies get tight. You can help your body relax by tightening and releasing your muscles.

Here's how!

- Lie flat on the ground with your belly facing the ceiling.
- Starting with your feet, tighten them, curling your toes for 10 seconds.
- Then relax your feet and notice how they sink into the floor.
- Repeat for other body parts, working up from your toes to your face!

CHALLENGE NEGATIVE THOUGHTS

Our thoughts can trick us into worrying about things that might not even happen. Challenging these negative thoughts can make us feel less anxious.

Here's how! If an anxious thought pops in your head, ask yourself these things:

- "What is most likely to happen?"
- "What are the chances my fear will come true?"
- "Has that ever happened before?"
- "What does my mom or dad think about this fear?"

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DEEP BREATHING

Here's how!

- Place your hands on your belly so you can feel your belly expand.
- Breathe in for 4 seconds.
- Hold the breath for 4 seconds.
- Then exhale for 6 seconds.
- Repeat 10 times.

Parent tip: Practice blowing bubbles with your child to show them how to exhale slowly.

IDENTIFY YOUR FAVORITE COPING STRATEGIES

Learning how to reduce anxiety takes practice. Experiment using different techniques and choose your favorites!

Here are some examples of coping skills:

- Get moving - exercise makes us happy!
- Write a happy ending to a worry story.
- Listen to music.
- Practice a hobby.
- Draw your worries.

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