

Feeling anxious?

Try these 5 minute techniques



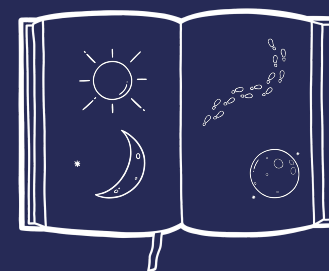
333 Rule

Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things can you touch or move.

To learn more about anxiety, visit:
mentalhealth-uk.org/aboutanxiety

Box Breathing

Close your eyes and imagine a square shape. Slowly breath in, hold, breath out, hold, for 4 seconds each. With each step, slowly draw the lines of the square. Repeat as needed.



Distraction Techniques

Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music

'Just'
Anxiety?