

# HOW TO HELP ANXIETY

**01**

Use self-soothing techniques such as breathwork, tapping, or affirmations.

**02**

Cut down on sugar, caffeine, and alcohol.

**03**

Use the 54321 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

**04**

Drink cold water and/or hold onto ice cubes.

**05**

Take a break, journal, stretch, or do something comforting.