Practice lowering anxiety with...
kindness to yourself

Practicing self-compassion can help to lower anxiety. Show yourself kindness and understanding - remember that anxiety is UNIVERSAL and we are all in this together! Try one of these ideas today:

- do something just for you today
- practice patience and flexibility with yourself
- tune into what you need today
- treat yourself as you would treat a close friend
- practice self-kindness rather than self-judgment
- find something that brings you joy.

you got this!
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Practice lowering anxiety with...
positive thinking

Stress and anxiety can result in negativity and fear. When we change our thoughts we have the ability to change the way we feel!

Practice putting a stop to thoughts that worsen anxiety and replacing them with more positive ones.

Try one of these positive affirmations today:

- Anxiety is uncomfortable (not dangerous) - I know I can make it through this.
- My breath can calm my mind and body.
- My emotions are not permanent - this wave will wash out.
- I can do this. Pause, breathe, and keep moving forward.

you got this!
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Apps for Wellness

Meditation
- Insight Timer
- Headspace
- Calm
- Stop Breathe & Think
- Breathe

Relaxation
- Digipill
- Relax Melodies
- Sleep Cycle Alarm-Clock

Stress Relief
- Mindshift
- Down Dog
- Color Therapy
- T2 Moodtracker
- Breathe 2 Relax
- Inkflow Visual-Notebook
TITANS
breathe.

Practice lowering anxiety with...

**breath**

Slowing down your breath can physically relax our bodies - which in turn quiets the mind and reduces anxiety. Practice a breathing technique and see how you feel:

*Inhale slowly through your nose, hold for a count of 3, and exhale slowly through pursed lips while you relax the muscles of your face, jaw, shoulders, and stomach.*

you got this!
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TITANS
breathe.

Practice lowering anxiety with...

**distraction**

At times it may be beneficial for us to distract ourselves from anxious thought patterns. Engaging in a positive activity can help to boost mood and lower anxiety. Here are some ideas:

- listen to music
- reach out to a supportive person in your life
- read a book
- clean something
- go for a walk outside
- mindful coloring

you got this!
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Practice lowering anxiety with...

**connection**

Connecting with a supportive and positive person can help to lower our anxiety level and boost overall mood. Social connection is one of the strongest predictors of long-term happiness. Connect with someone and see what you notice today!

- talk with a friend
- call a family member
- share a meal
- study with a classmate, form a study group
- meet in person rather than through social media
- join a student organization or club

you got this!

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Practice lowering anxiety with...

**sleep.**

Getting a good night of sleep on a regular basis can help to improve our mood and lower anxiety. It is recommended for the average person to get 8-10 hours of sleep every night! Here are some tips to help:

Go to bed and wake up at the same time every day (even weekends).
Cut back on caffeine and alcohol intake.
Make sure to get physical activity every day.
Keep naps short during the day.
Limit screen time at least one hour before bedtime.

you got this!

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