

Reducing Anxiety

1. Focus on what you can control (washing your hands, adhering to physical distancing recommendations).
2. Set a schedule and structure for your day.
3. Exercise at least 30 minutes/day- (health.gov)
4. Engage in deep breathing and/or muscle relaxation throughout the day (breath in and count to 4, hold for 2 seconds, and count to 4 as you release your breath. Repeat 4 times).
5. Utilize distraction (watch a movie, play a game, puzzles, drawing, coloring, etc.)
6. Read something that makes you laugh

