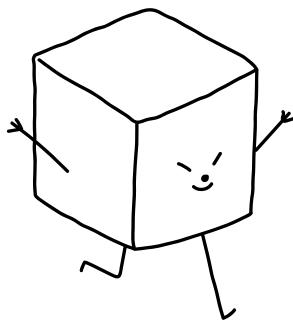


ANXIETY- THINGS TO HELP

HEAD STRONG

DOWNLOAD A BREATHING APP



DRINK LESS
CAFFEINE

TRY JOURNALLING
(CHECK OUT HEADSTRONG
JOURNAL)

GO OUTSIDE FOR A WALK

TRY GROUNDING EXERCISES-
THERE'S LOADS ONLINE YOU
COULD TRY ESPECIALLY
5-4-3-2-1

TELL SOMEONE
HOW YOU FEEL

GET CREATIVE AND
DRAW YOUR FEELINGS
WITH PAINT

STROKE A PET OR WRAP
YOURSELF IN A BIG BLANKET

CREATE A RELAXING
PLAYLIST

WATCH SOMETHING
THAT MAKES YOU
LAUGH

TURN YOUR
NOTIFICATIONS OFF