

MANAGING ANXIETY

Mindfulness activities bring you out of your thoughts and allow you to experience the present moment without judging it as good or bad.



The 5, 4, 3, 2, 1 Technique

The 5, 4, 3, 2, 1 Technique is great for grounding you in the present. It is really beneficial for anxiety—specifically test or performance anxiety.

5

Name _____

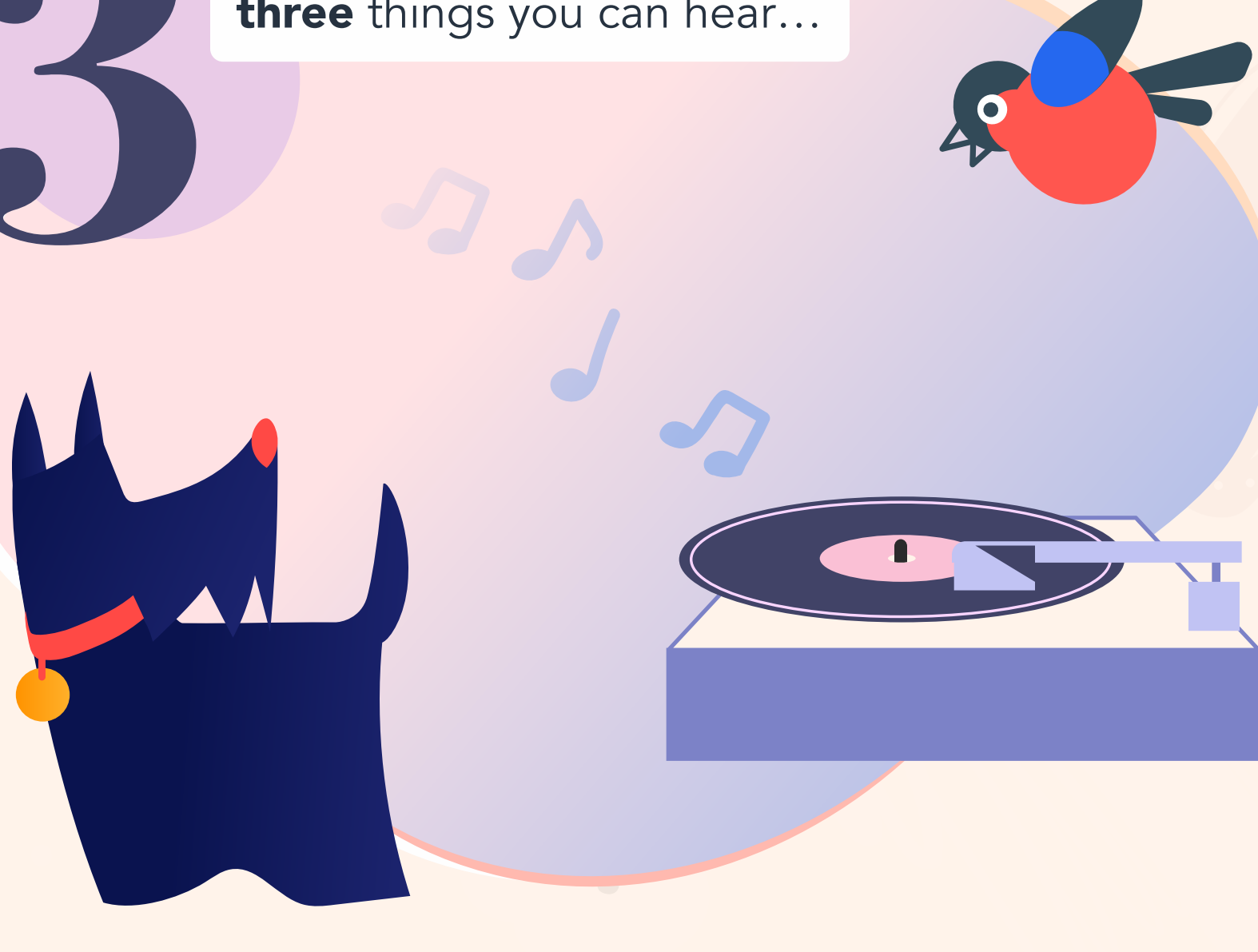
Name **five** things you can see...



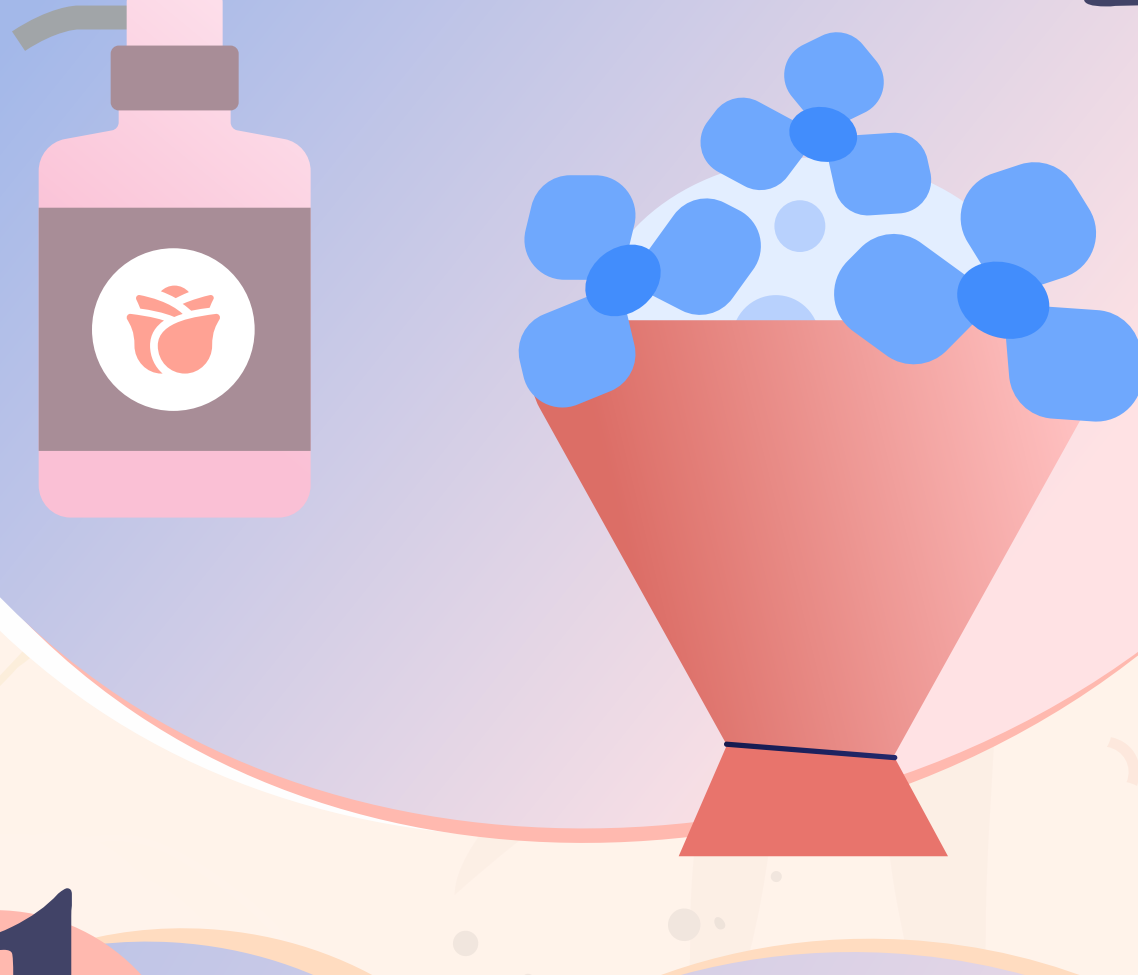
4



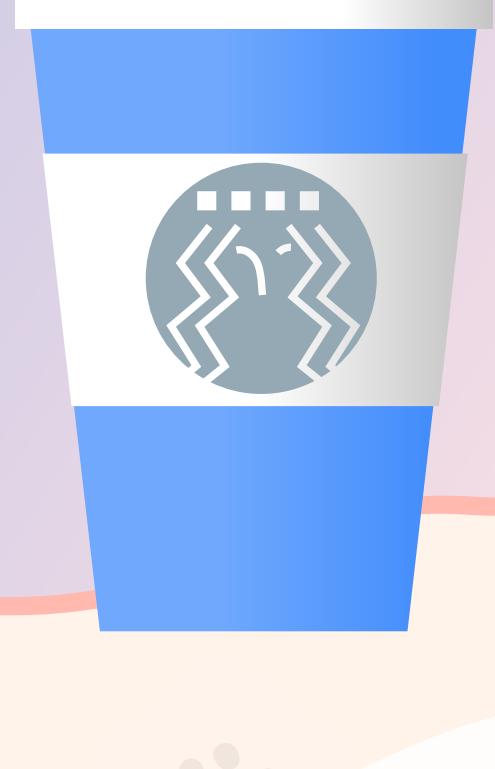
three things you can hear...



two things you can smell



and **one** thing you can taste.



skills; emotional regulation; and a reduction in anxiety, stress, post-traumatic symptoms, and depression.