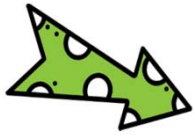
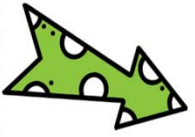


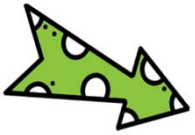
# Stomp Out Worry & Anxiety: Helpful Strategies



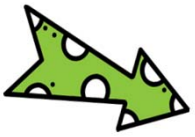
Get physical, healthy bodies promote healthy minds. Do yoga, run, dance, bike...



Use breathing techniques and/or muscle relaxing techniques.



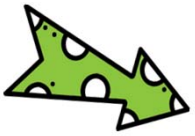
Talk things out with family or trusted friends.



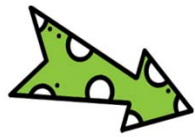
Listen to music that calms you.



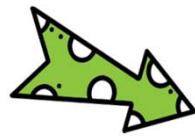
Engage in distractions such as puzzles, sensory devices, coloring, drawing...



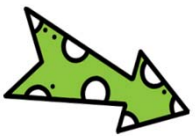
Develop a habit of turning negative self-talk around regularly.



Problem solve realistically.



Act and think positive which helps to feel positive.



Meditate.

