

OUICK TIPS FOR MANAGING ANXIETY

STOP Skill





Stop to pause & take a moment

Take a couple of deep breaths Observe (sights, thoughts, feelings, etc.)

Proceed mindfully

<u>4-7-8 Breathing Technique</u>

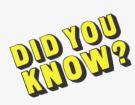
inhale for

hold for

exhale for 8sec

4sec

7sec



website at



Sometimes known as the "Diver's Response"

