



CAM'S KIDS
FOUNDATION

QUICK 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

4-7-8 Breathing Technique

4

inhale for
4sec



7

hold for
7sec



8

exhale for
8sec

PLACING ICY COLD

DID YOU
KNOW?



water on specific
spots of the face
can trigger an
immediate calming
response from the
body

Sometimes known as the "Diver's Response"

Identify:

5 things you
can



4 things you
can



3 things you
can



2 things you
can



1 thing you
can



Repeat as needed.

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