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JOURNAL YOUR WORRIES


WORK ON YOUR PROBLEM SOLVING SKILLS


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PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING


PRACTICE SOME SELF CARE


TAKE A BREAK FROM TECHNOLOGY


ACCEPT THAT YOU HAVE ANXIETY


TALK TO SOMEONE ABOUT YOUR ANXIETY


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TAKE A BREAK


EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES


MAKE SURE YOU ARE EATING A BALANCED DIET


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LEARN SOME PROGRESSIVE MUSCLE RELAXATION


SET ASIDE SOME TIME TO WORRY


PRACTICE SOME MINDFULNESS


TRY ENGAGING IN RATIO BREATHING


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IDENTIFY THINKING ERRORS


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MANAGE YOUR TIME EFFECTIVELY


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DISTRACT YOURSELF


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