

## Feeling Stressed or Anxious?

### Tips for Anxiety:

Write down or what you are anxious about in a journal or draw.



Write down what is going well in your life and what you are grateful for

Focus on what you CAN control.  
Is your internet down? That's OK. This is something you CAN'T control. Are you choosing not to do the work? This is something you CAN control. See what you can do if you try.

Breathe - 4 counts inhale, 6 counts hold, 8 counts exhale



Yoga, Stretching, Exercise – Walk



Recall positive memories of how you went through a change that was maybe difficult or scary and it turned out well



Use positive affirmations: I can do this. It will be OK. Things are going to get better. I will feel a little more comfortable with the virtual meetings each time I do them.



Download a calming app, such as [calm.com](https://www.calm.com) and use it to help you become calm



Do something that makes you smile, laugh, and feel happy



Talk to someone - a parent, a friend, your school counselor 😊

