

# Simple Steps to Minimize Anxiety

1. Take a walk
2. Hum or sing a song
3. Focus on your senses
  - ❖ What do you see?
  - ❖ What do you hear?
4. Use positive affirmations
  - ❖ I can do this.



The Center for Suicide Awareness  
316 East 14th Street, Kaukauna, WI 54130  
(920) 475-4748

## More... Simple Steps to Minimize Anxiety

5. Pay attention to your breathing
  - ❖ Take a deep, slow breath
6. Express yourself through writing or by creating art
7. Be kind to yourself



Text "HOPELINE" to 741741

[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org)

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