

Feeling anxious?

Try these 10-minute techniques



5,4,3,2,1 Grounding

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

Adrenaline Burn-Off

Undertake something physically active for 10 minutes to burn off the excess adrenaline your body is making.



Progressive Muscle Relaxation

In a quiet place, take a slow deep breath in, tensing an isolated muscle and then slowly breathing out to relax it. Start at your feet and work up through the body to your eyes.

To learn more about anxiety, visit:
[mentalhealth-uk.org/aboutanxiety](https://www.mentalhealth-uk.org/aboutanxiety)

'Just'
Anxiety?