Feeling anxious?
Try these 5-minute techniques

- **333 Rule**
  Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things you can touch or move.

- **Box Breathing**
  Close your eyes and imagine a square shape. Slowly breathe in, hold, breathe out, hold, for 4 seconds each. With each step, slowly draw the lines of the square. Repeat as needed.

- **Distraction Techniques**
  Consciously practicing distraction techniques can help ease anxiety.
  - Doodling or mindful colouring
  - Drinking cold water
  - Listening to music

To learn more about anxiety, visit: mentalhealth-uk.org/aboutanxiety