STRESS MANAGEMENT STRATEGIES

Focus on your breathing *(your “go to” coping skill!)*

The easiest way to reduce your anxiety is to focus on breathing normally. When you breathe normally for *2 minutes*, you reduce your “fight or flight” response - you’ll be able to think more clearly, feel more relaxed, and not be as reactive to situations.

If you’re feeling extremely anxious, use 4-2-4 deep breathing. You can do this anywhere:

- Inhale through your nose for 4 seconds, relaxing your shoulders and jaw
- Hold your breath for 2 seconds
- Exhale gently through your mouth for 4 seconds

*Repeat for a minimum of 2 minutes*