

STAYING SAFE AND HEALTHY: ANXIETY

Our Impact Trainers remind everyone to take charge of your health and safety.



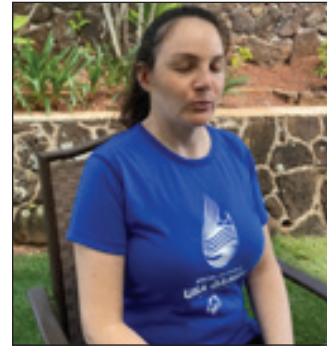
1. Create a daily schedule.



2. Try a simple exercise.



3. Write or draw in a journal.



4. Take deep breaths.



5. Bake something sweet.



6. Watch a funny video or movie.

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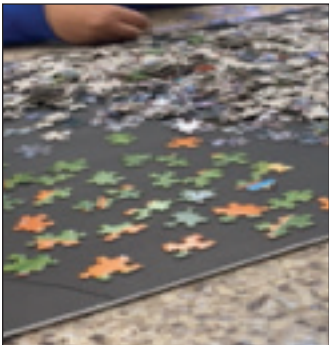
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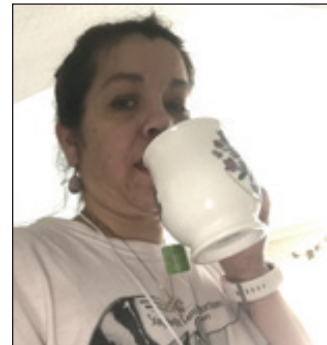
7. Listen to relaxing music.



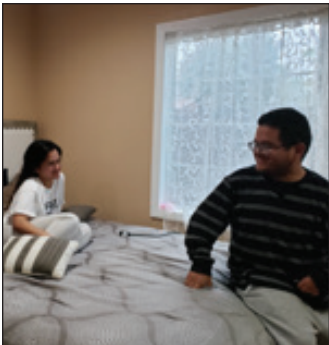
10. Read a book or magazine.



8. Play board games or do a puzzle.



11. Drink tea.



9. Talk with a friend or caregiver.



12. Try using essential oils.