



## **SCRIPT: ANXIETY 12 STEPS TO STAY HEALTHY AND SAFE**

### **OPENING SONG**

Hi, my name is Malia, and I am part of the TEC Impact team.

Our world is undergoing a lot of change and uncertainty. Many people experience stress or even anxiety. How can you take positive steps to address anxiety when it comes?

Here are 12 ways to stay safe and healthy to reduce anxiety.

Number one. Create a daily schedule or routine, like doing meditation, so you know what you are going to do

Number two. Try a simple exercise, like walking, for a great workout and to lift your spirits.

Number three. Write or draw in a journal to express your thoughts and emotions.

Number four. Take deep breaths slowly, then exhale, to release stress and take out pent-up energy.

Number five. Bake something sweet - a positive way to focus, relax, and share your joy of cooking with others.

Number six: Watch a funny video or movie to have some fun.

Number seven: Listen to relaxing music, whatever soothes you the most.

Number eight: Play board games or do a puzzle. In the world of technology, you can even play games on your phone.

Number nine. Talk with a friend or caregiver, staying connected is a healthy practice.

Number ten. Read a book or magazine. Get lost in storytime or explore new ideas.

Number eleven. Drink tea, like green tea, anything to calm your anxiety.

And Number twelve. Try using essential oils, like lavender or peppermint, as a way to focus or soothe you.

Remember, you can take charge of your health and safety to reduce anxiety. Choosing even one or two of these simple steps can bring you calm almost immediately. Be well and stay safe.

## CLOSING SONG