

# Simple Steps to Minimize Anxiety

- **Take a walk**
- **Hum or sing a song**
- **Focus on your senses**
  - What do you see?
  - What do you hear?
- **Use positive affirmations**
  - I can do this



**The Center for Suicide Awareness**  
**[centerforsuicideawareness.org](http://centerforsuicideawareness.org)**

## MORE Simple Steps to Minimize Anxiety

- **Pay attention to your breathing**
  - Take a deep, slow breath
- **Express yourself through writing or by creating art**
- **Be kind to yourself**
- **Play video games**
- **Rest and Restore**



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