

8

Calming

Activities for Anxiety

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1

POSITIVITY BREATHS: (Time: 1-5 min.)

- Sit comfortably at the edge of a chair, feet flat on the floor, rest hands on knees or legs
- Take a deep breath in and inhale: positivity, strength, calm, "I'm ok", "I got this"
- Exhale out: anxiety, stress, worry
- Do each breath slowly and calmly
- Repeat 5 times
- How do you feel?



2

5-4-3-2-1 GROUNDING GAME:

- Relax, sit up straight at the end of your chair, feet flat on the floor
- Find 5 things you can see in the room
- Find 4 things you can feel (chair on your back, feet on the floor, etc)
- Find 3 things you can hear right now (people, birds outside, etc)
- Find 2 things you can smell right now (or 2 things you like the smell of)
- Find 1 thing you can taste (or imagine tasting your favorite treat)
- Take one deep breath in....hold.....breathe out
- How do you feel?



3

PROGRESSIVE MUSCLE RELAXATION:

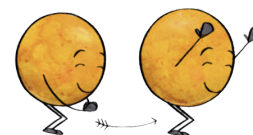
- Muscle tension can cause stress
- Sit comfortably at the edge of a chair, feet flat on the floor, rest hands on knees or legs
- Tense and relax each muscle group
- Start with your toes/feet, tense up all the muscles, hold for a few seconds then release
- Repeat with your legs, stomach, fingers, arms, shoulders, jaw, and forehead
- Take a deep breath in and breathe out any stress and tension



4

STRETCH BREAK: (Time: 1-2 min.)

- **Sky Reaches:** stand with your feet slightly apart. Slowly raise both hands up and over your head. Stretch your fingers up towards the sky and hold for 3 seconds. Bring your hands down to touch your toes
- **Shoulder Rolls:** As you breathe in, raise your shoulders up to your ears and hold, breathe out as you slowly move your shoulders back and then down



5

BUTTERFLY VISUALIZATION: (Time: 2-3 min.)

- In a seated position, place bottom of feet together, and hold with your hands
- Close your eyes and imagine you are a butterfly and can fly anywhere in the world.
- Start flapping your butterfly wings by moving your legs up and down.
- Fly to your special place
- What do you see, what do you hear, what do you feel as you fly around?



6

GRATITUDE JOURNAL: (Time: 2-3min.)

- Thinking about and writing down things that make us happy is showing gratitude.
- Think and write down one or two new things you are happy about each day
- Showing gratitude can help reduce stress and increase happiness
- Notice how you feel after you write in your gratitude journal



7

SOUNDS & MUSIC RELAXATION:

- Click [here](#) to play some calming music and sounds
- Close your eyes and focus on what you hear. Pay close attention to all of the different sounds
- What are you feeling when you hear these sounds?
- Be grateful for the sounds and your ability to hear them with your ears



8

FAVORITE MEMORY VISUALIZATION:

- Think about one of your favorite memories
- Try and visualize this memory in as much detail as possible
- Who was there, how were you feeling, what do you see?
- When you open your eyes, notice how you are feeling

