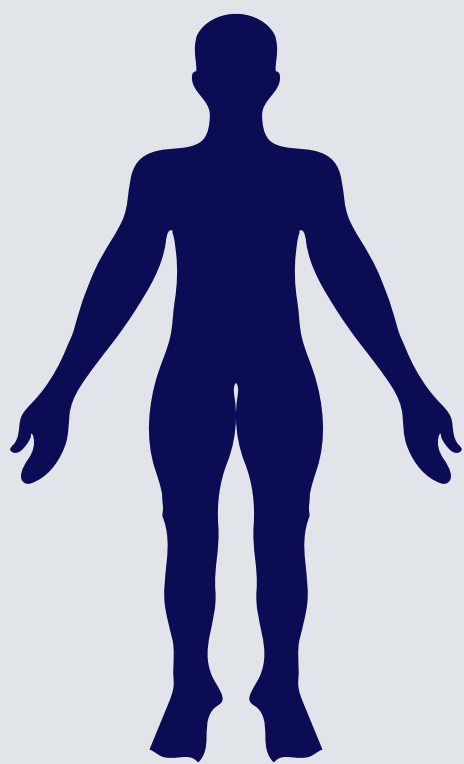


Dissecting Anxiety and Befriending My Worries

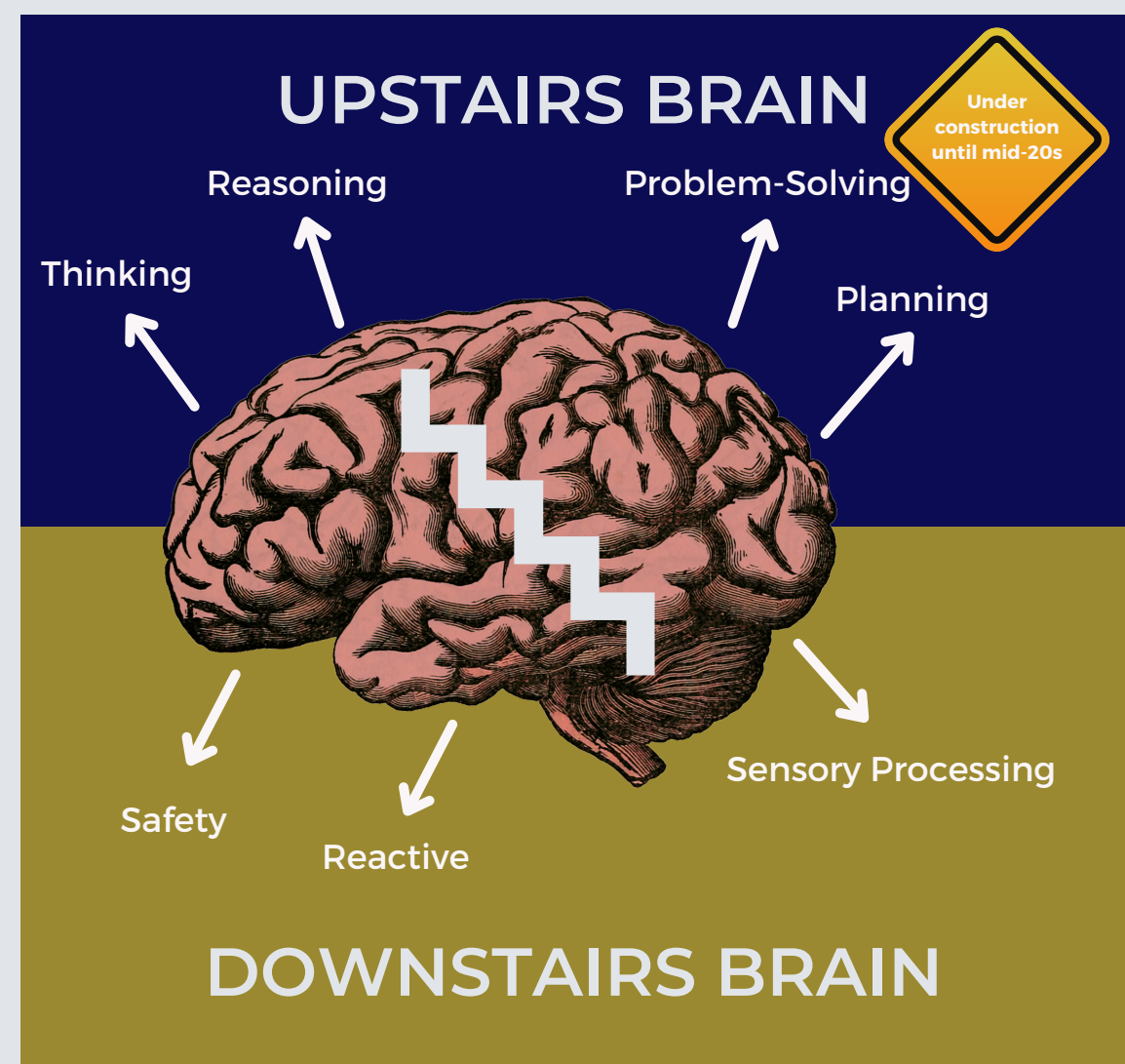
Stress is a normal part of life,
something we experience in both

our body



&

our brain



Three Types of Stress



Dissecting Anxiety and Befriending My Worries

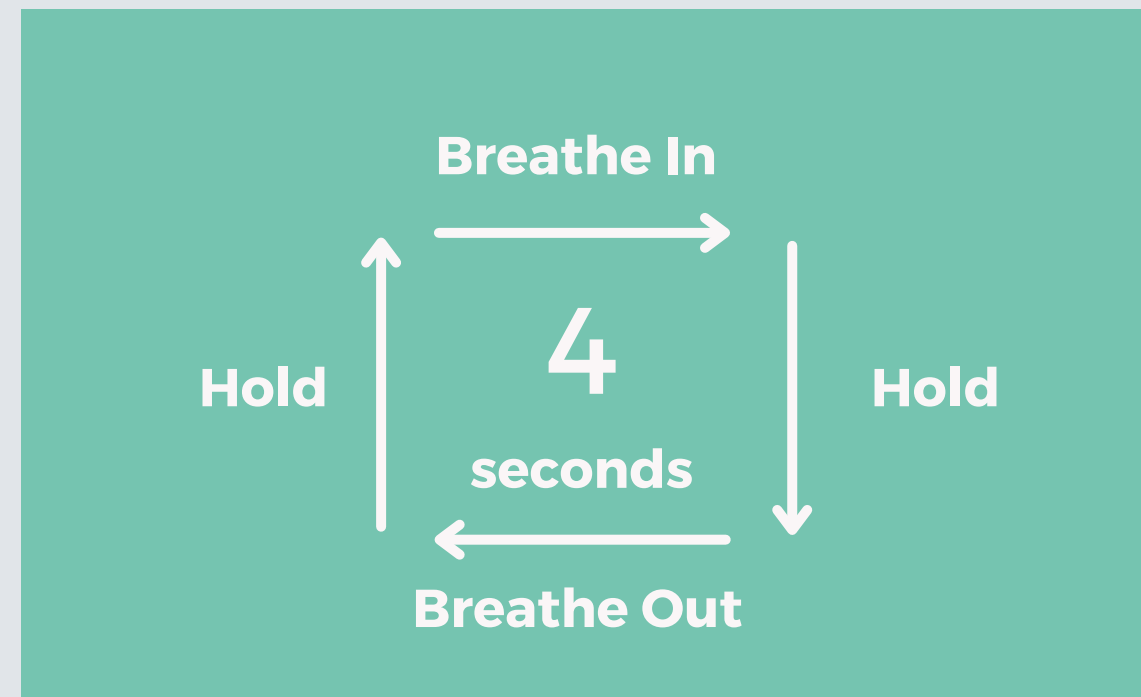
Box Breathing

Step 1: Take a deep breath in for 4 seconds.

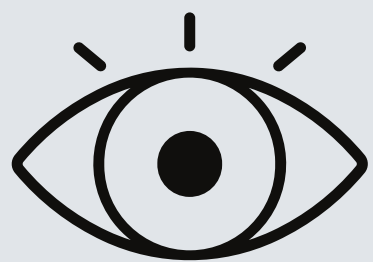
Step 2: Hold your breath for 4 seconds.

Step 3: Breathe out for 4 seconds.

Step 4: Hold your breath for 4 seconds.



Grounding



- Grounding can help you come back into the present, and remind your body and mind that you are safe.
- Begin by taking a deep breath in and out.
- Look around the room and find 3 things you can see.
- Listen for 2 things that you can hear.
- Find 1 thing that you can touch.



Out of My Control

Suicide Prevention

If you feel like your stress and worry are beginning to take over, reach out to an adult that you trust for help.

National Suicide Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

