

Settle An Anxious Mind

Occasional anxiety is normal and helpful.

Being worried sometimes can help keep you safe or do better on a task. There are effective techniques to reduce anxiety and stress in real-time to help return your body and mind to a calmer and less worried state.

- Try deep breathing exercises, like box breathing or 4-7-8 breathing.
- Take a brisk walk or spend time in nature.
- Talk it through with a friend to help gain control over one small thing.
- If your anxiety level remains high, seek help from a mental health professional or take an anxiety screening at mhanational.org.

