

# anxiety reducing technique

Everyone feels anxious now and then. But there are things you can do to minimize those feelings. If you find yourself in a panic, having a panic attack or an anxiety attack, this technique can help.

Take a moment to find...

5

THINGS  
YOU CAN  
SEE

4

THINGS  
YOU CAN  
FEEL

3

THINGS  
YOU CAN  
HEAR

2

THINGS  
YOU CAN  
SMELL

1

THINGS  
YOU CAN  
TASTE

**SEE.** Your hands, the sky, a plant on your colleague's desk

**FEEL.** Your feet on the ground, a ball, your friend's hand

**HEAR.** The wind blowing, children's laughter, your breath

**SMELL.** Fresh-cut grass, coffee, soap

**TASTE.** A mint, gum, the fresh air

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious. It can help interrupt unhealthy thought patterns.

If anxiety is something that you struggle with regularly, and you continue to have trouble refocusing or coping with these feelings, please get in touch.