

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON
A PROJECT



ARTS



PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE