

## STRESS MANAGEMENT STRATEGIES

### Focus on your breathing (*your “go to” coping skill!*)

The easiest way to reduce your anxiety is to focus on breathing normally. When you breathe normally for 2 minutes, you reduce your “fight or flight” response - you’ll be able to think more clearly, feel more relaxed, and not be as reactive to situations.

If you’re feeling *extremely anxious*, use **4-2-4 deep breathing**. You can do this anywhere:

Inhale through your nose for 4 seconds, relaxing your shoulders and jaw

Hold your breath for 2 seconds

Exhale gently through your mouth for 4 seconds

Repeat for a minimum of 2 minutes