

ANXIETY DISTRACTION IDEAS

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. When you're feeling anxious, try one of these anxiety distraction ideas to help you to stay calm and in control.,,

1

think
...of your
safe place

2

express your
feelings with
paint

3

DO SOME
breathing
EXERCISES

4

drink a
cold
glass of
water

5

z z z z
go to bed
EARLY

6

GO FOR A
walk

7

- make a
- *to do*
- list

8

SAY NICE THINGS
ABOUT YOURSELF
out loud!

9

talk
TO A
FRIEND

10

use a
fidget
cube 

11

wiggle
YOUR TOES
AND TAP
YOUR FEET

12

do some
MATHS...
 $34 - 29 = ?$
 $52 + 41 = ?$

13

S O L V E
puzzles

14

do some
colouring

15

cuddle
a pet 

16

BLOW
SOME
bubbles 

17


listen to
calming
music

18

fold | paper

19

count...
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

20

START A
journal