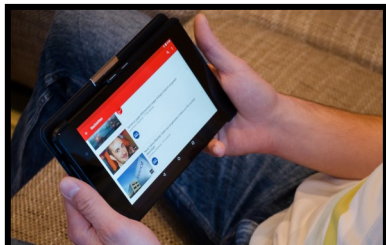




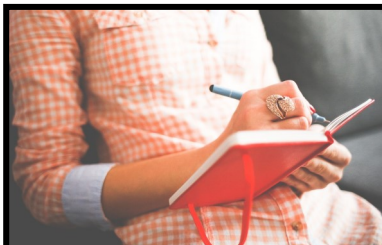
I Feel So Anxious!

What Can I Do to Feel Better?



Limit the News

The news can be scary. Try to limit yourself to one half hour per day or less of viewing.



Write Down Your Worries

It's normal to feel anxious. Write down your feelings and let them leave your mind.



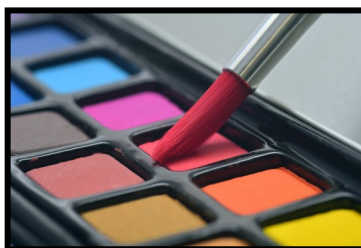
Call a Friend

Phone someone who makes you feel happy and have a great talk!



Think About What is Good in Your Life

Think about the good things. You are cared for and loved.



Fill Your Time with Nice Activities

Start a new routine at home. Do puzzles, sew, or do fun crafts.



Breathe Deeply and Exercise at Home

Do exercises and stretches at home. Take the time to breathe deeply and slowly.

Are you scared or anxious right now?

-Talk to your caregiver or family.

-Or call