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

Developmental Disabilities Mental Health Services
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