






## Activities to focus the Mind and Body when feeling Anxious or Worried

Try some of the Activities below they will focus the Mind and Body and help you feel more Relaxed and Calm

<p><b>Visualize a quiet place</b> Close your eyes and picture a calm and peaceful place.</p> 	<p><b>Painting and Drawing</b> Focusing on what you are creating relaxes the Mind and Body.</p> 	<p><b>Keep Active</b> Exercise can improve your Physical and Mental Health. It can help you feel more energetic and positive about yourself.</p> 
<p><b>Blow Bubbles</b> When Blowing Bubbles you have to focus on a single activity and think about your breathing this helps to relax the Mind and Body.</p> 	<p><b>Count Backwards</b> Count Backwards from a number it could be any number 10 – 100. It focuses and calms the Mind.</p> 	<p><b>Nature Walks</b> Being in Nature or viewing scenes of Nature increases Physical and Mental Wellbeing.</p> 
<p><b>Talk to someone</b> Talking to someone can help if you are feeling Anxious or Worried.</p> 	<p><b>Listen to Music</b> Listening to Music you like helps to boost your mood and relaxes the Mind and Body.</p> 	<p><b>Being Kind to Others</b> Acts of Kindness can increase feelings of Wellbeing and improve Self-Esteem.</p> 