

FINDING CALM IN PANIC

Some days are hard. That's okay.

These small steps can help you find calm
and feel steadier.

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...WAYS TO CALM YOUR MIND

- Take 5 slow, deep breaths
- Step outside for fresh air
- Drink a glass of water
- Stretch or move your body
- Sit quietly for one minute

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...WAYS TO COPE WITH STRESS

- Express how you you are feeling
- Talk to someone you trust
- Focus on what you can control
- Do one small thing at a time
- Remind yourself "this will pass"

Reach out to LifeAssist for support
when you feel overwhelmed.

Help is always available.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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