



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Relieve Anxiety

During this time it's completely normal to feel anxious. Anytime you start to notice signs of anxiety in your body like: belly flutters, jittery feet, quick breaths, or tingling in your face and hands; just remember you can manage them and stay calm by focusing on your breath. Check out the resource below to help relieve Anxiety:

Activity Link: <https://family.gonoodle.com/activities/relieve-anxiety>