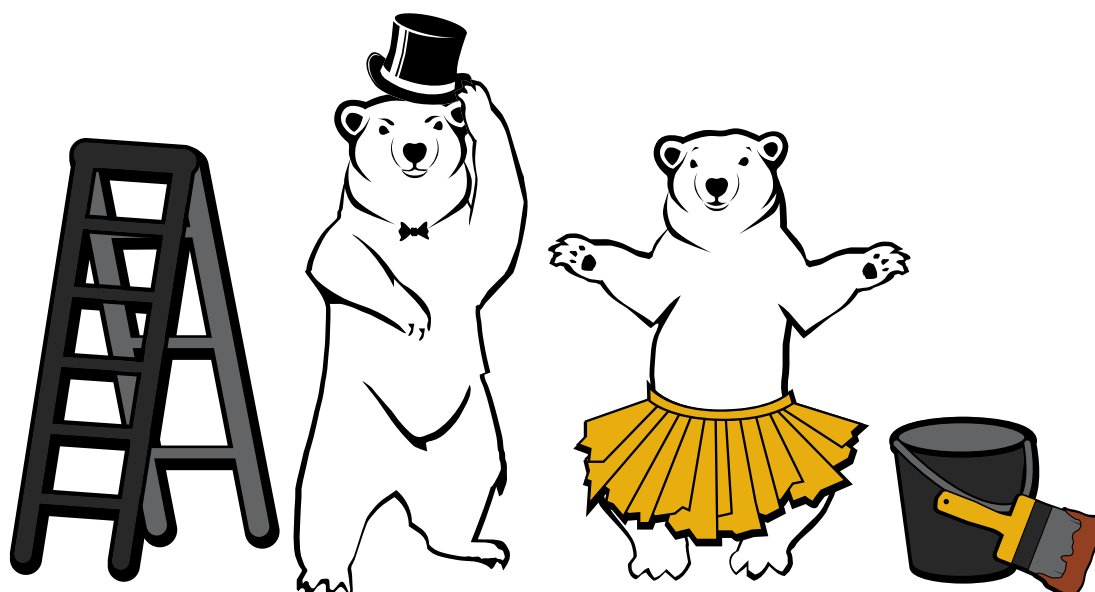




# Take the Opposite Action to Combat Anxiety



We often stop doing the things we enjoy and avoid the people we love because we feel overwhelmed. Taking the “opposite action” is a skill whereby you make a deliberate attempt to act OPPOSITE of what your anxiety is urging you to do.

**Here are some “opposite action” steps to take when you feel anxious:**

- Smile for 30 seconds.
- Focus on sitting or standing up straight and deepen your breathing until your stomach distends.
- Dance to your favorite song.
- Watch a movie or comedian that makes you laugh.

Notice fear and say to yourself “I see you fear. Thank you for trying to protect me. I am going to turn your volume down.” Then throw yourself into these actions. By doing so, you are actually rewiring your brain by giving yourself options on responding rather than reacting.



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