

13 Ways to Help Yourself Feel Okay

Resource Sheet. Created August 2023

This resource provides some tips for releasing anxiety and promoting wellness

1. Breathe in slowly through your nose, breathe out slowly through your mouth
2. Ground yourself: find 5 things you can touch, 4 things you can taste, 3 things you can smell
3. Go for a long walk
4. Repeat: "I will be okay" as many times as you need to feel your heart calm
5. Put on a peaceful playlist, listen or feel the vibration of the rain
6. Take a long, hot bath
7. Write down your feelings
8. Talk out loud to yourself
9. List 5 reasons why Life is good
10. Color something
11. Pet a pet
12. Reorganize or organize a room
13. Call or text a friend



For more resources and support programs for individuals who are deaf, hard of hearing, or deaf-blind, please contact us at (808) 369-0499 or csc@csc-hawaii.org. Mahalo!