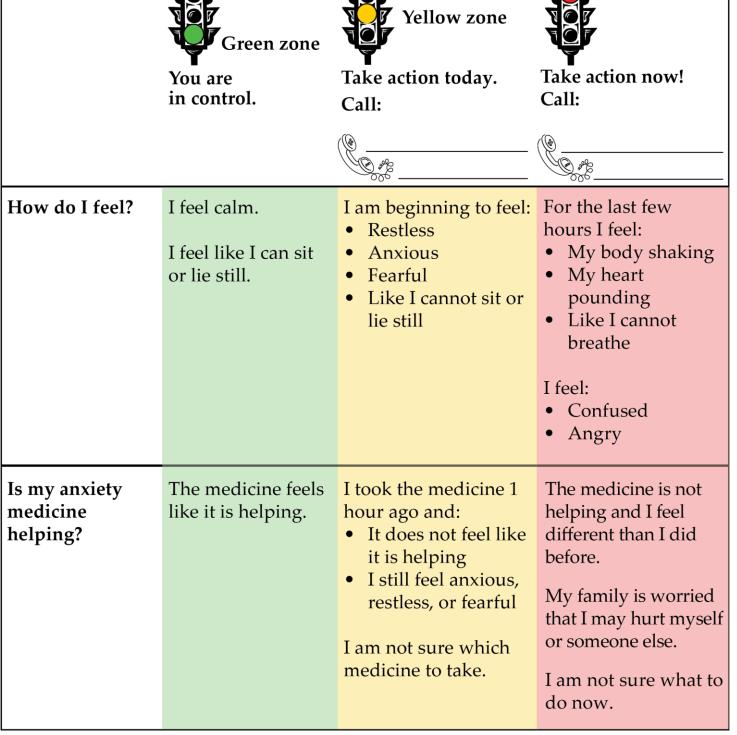
## **Controlling anxiety at home**



Red zone

How do I feel today?



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## My plan for controlling anxiety at home

## Things to help me feel calm: How I will do these things: □ Limit the number of people in the room ☐ Keep the noise level low □ Lower the lights □ Play music □ Imagine myself in a calm place □ Avoid things that make me feel anxious □ Other ideas:

Your care team will work with you to set goals so you can stick to your plan.