



## # 5 Tips for *mental health*

- ❖ Maintain a fixed routine- exercise, yoga, deep breathing, sleep time, healthy food
- ❖ Recognize & accept your emotions
- ❖ Identify the trigger points & work on them
- ❖ Restrict social media & news watching time
- ❖ Communication with family members, mentors or counsellor.



# HANDLING ANXIETY

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Look around you and find.....

- ❖ 5 things that you can **SEE**
- ❖ 4 things you can **TOUCH**
- ❖ 3 things that you can **HEAR**
- ❖ 2 things that you can **SMELL**
- ❖ 1 thing that you can **TASTE**

This is called process of *Grounding*, that can help you to regain the control of your surroundings.

Besides this, *Deep-breathing exercises* as much as possible, also helps in controlling anxiety.

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