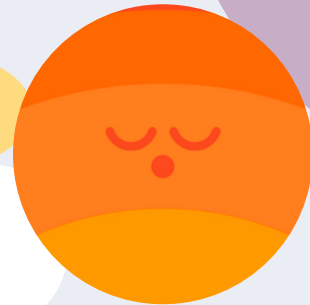


Tools to Cope with Anxiety

Anxiety can show up in a lot of ways - racing thoughts, worrying, overwhelmed, or restlessness. Try any of the below to find what works for you. You will need to sign up with your BU account to access direct Headspace links for free at bu.edu/headspace

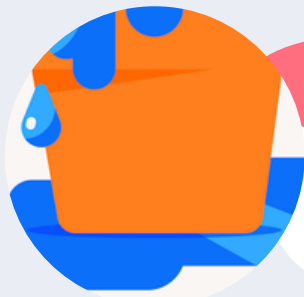
Guided Breathwork (1-5 min)

Ease moments of anxiety with quick breathwork to calm the body and mind [here](#).



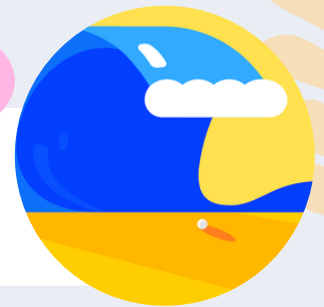
Quick SOS meditations (3-5 min)

Learn how to get grounded with quick SOS meditations designed for high anxiety moments [here](#).



Guided Journaling Prompts (14 min)

Grab a journal or just reflect mentally using the prompts to help you move through anxious moments [here](#).



Encouragement from a BU peer

Read how a shift in mindset enabled Christina, Class of 2026, to persevere through the isolation and pressures of 3rd year.

