

5 ways to overcome mask anxiety.



1

Five quality breaths.



A quality breath is a 4 second inhale through the nose, 2 second pause and 6 second exhale through the mouth. Take five before putting on your mask.

2

Gradual practice.



Practice wearing your face covering at home; gradually increasing the length of wear. Remind yourself, "You are safe. You are breathing."

3

Control timing and location.



Take breaks. Find spaces and times when you can be mask free. Choose virtual appointments and online shopping when possible.

4

Find the right mask.



There are many quality face coverings to choose from. Thick, thin, paper, cloth, patterned or plain. Find the one that is right for you.

5

Focus on your reason.



Focus on your reason for wearing a face covering. Doing something for the greater good is great motivation. No one is 100% comfortable.