

HOW TO CALM ANXIETY QUICKLY: 7 TIPS



"TAKE FIVE" BREATHING

Hold up your hand, trace up and down each finger slowly while breathing in through your nose as you trace up, pausing briefly at the top, and breathing out through your mouth as you trace down.

STRETCHING EXERCISES

Stretch your arms, legs, and neck, holding each stretch for 15-30 seconds while focusing on your breath and noticing how your body feels.



REACH OUT TO A TRUSTED FRIEND

Contact a friend who can provide emotional support, encouragement, a listening ear to vent to, and a sense of connection.



A-Z CATEGORY GAME

Think of a category (e.g., countries or animals) then go through the alphabet and think of something in that category that begins with each letter as a distraction from anxiety.

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				



CHALLENGE ANXIOUS THOUGHTS

Recognize unhelpful thoughts, question their accuracy, adjust them with balanced, realistic perspectives, or visualize worst-case scenarios to gain perspective.

PROGRESSIVE MUSCLE RELAXATION

Tense and release different muscle groups progressively to release physical tension associated with anxiety. Start at the bottom of the body and work upwards.



ENGAGE YOUR SENSES

Name five things you can see around you, four things you can hear, three things you can touch, two things you can smell, and one thing you can taste, as a grounding exercise.



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Anxiety Relief Buy Online Tutorial:

Whispering the Secrets of Language: An Emotional Journey through **Anxiety Relief Buy Online Tutorial**

In a digitally-driven world where screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and mental nuances hidden within words usually get unheard. However, nestled within the pages of **Anxiety Relief Buy Online Tutorial** a interesting fictional value pulsing with organic thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this charming opus encourages readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the mental depths of this touching evaluation, we will embark upon a heartfelt exploration of the book is key themes, dissect their fascinating publishing style, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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