

5

0

STRATEGIES TO  
MANAGE YOUR

# ANXIETY

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TAKE A BREAK FROM TECHNOLOGY

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOMETHING PLEASURABLE

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

BUILD A MENTAL HEALTH SUPPORT NETWORK

ENGAGE IN SOME EXERCISE

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

TRY TO KEEP THINGS IN PERSPECTIVE

DON'T BE AFRAID TO ASK FOR HELP

LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

FOCUS ON THINGS YOU CAN CONTROL

CHALLENGE YOUR THOUGHTS

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

TAKE A BREAK

LOOK AFTER YOURSELF

JOURNAL YOUR WORRIES

HAVE A BATH

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

DISTRACT YOURSELF

WORK ON YOUR PROBLEM SOLVING SKILLS

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COUNT TO TEN SLOWLY

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS



TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING

TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

UNDERSTAND WHEN YOU START CATASTROPHIZING

SET ASIDE SOME TIME TO WORRY

VISUALISE A SAFE PLACE

PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS

RECOGNISE THE SIGNS OF YOUR ANXIETY

TRY ENGAGING IN RATIO BREATHING

TRY ENGAGING IN RATIO BREATHING

CALL A FRIEND

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY



# Anxiety Relief Tips

**B Lingard**



## **Anxiety Relief Tips:**

**Break Free from Anxiety's Grip: Rapid Relief Strategies for a Calmer Mind and Body** , Are you ready to dive into a new area of knowledge or explore the world of Mental Health Whether you are seeking to expand your understanding of Anxiety or master a new skill this book is your ultimate guide Calming the Storm Within Proven Strategies to Overcome Anxiety and Live a Worry Free Life offers a comprehensive journey through themes like Rapid Relief Calmer Mind Body providing a clear roadmap to help you succeed Whether you are just starting out or looking to deepen your expertise this resource will equip you with essential tools for growth and success Break Free from Anxiety's Grip Rapid Relief Strategies for a Calmer Mind and Body is the ideal resource for anyone eager to enhance their understanding of Anxiety through the valuable insights provided by Rapid Relief Calmer Mind Body Whether your goal is to learn heal or grow the knowledge you gain through Anxiety will empower you on your journey Discover more about Break Free from Anxiety's Grip Rapid Relief Strategies for a Calmer Mind and Body delve into related topics such as Rapid Relief Calmer Mind Body and explore deeper themes within Mental Health break free from anxiety's grip rapid relief strategies for a calmer mind and body mental health anxiety rapid relief calmer mind body

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