

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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The Healing Guide to Flower Essences Alena Hennessy,2020-05-05 Connect with the magick and frequency of 100 flower essences The power of Nature to heal has been accepted for many millennia Flowers inspire us with their beauty beguile us with their fragrance and can have medicinal properties in their oils and plant matter However the healing properties of flowers go even deeper Each flower holds a unique energetic fingerprint or essence that can be used for healing wellness and self discovery Organized by categories such as transformation inspiration boundaries healing and self esteem The Healing Guide to Flower Essences helps you quickly find the right remedy for your wellness and self discovery For example you can use Larch for overcoming doubt and insecurity Gentian for perseverance and optimism after a setback or Cherry Plum for surrender and trust in one s soul path Each flower entry provides a list of what its essence can assist you with along with an invocation and a description of its physical properties uses and benefits Written by noted artist and flower essence practitioner Alena Hennessy and lovingly illustrated with original botanical art and illustration with co illustrator Jane Hennessy this user friendly guide also includes The history of flower essences dating back almost 3 000 years The original 38 flower remedies created by Dr Bach How to connect more deeply with the properties and messages of the flowers by making your own flower essence remedies What it s like to work with flower essences through insightful personal interviews with flower essence practitioners A resource section and an index Embrace the subtle beautiful and transformational power of flower essences

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