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STRATEGIES TO MANAGE YOUR

ANXIETY

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ENGAGE IN SOMETHING PLEASURABLE



ENGAGE IN SOME EXERCISE



LIMIT THE AMOUNT OF ALCOHOL YOU DRINK



CHALLENGE YOUR THOUGHTS



JOURNAL YOUR WORRIES



WORK ON YOUR PROBLEM SOLVING SKILLS



TAKE A DEEP BREATHE AND COUNT BACKWARDS



PRACTICE SOME DEEP BREATHING



UNDERSTAND WHEN YOU START CATASTROPHIZING

PRACTICE SOME SELF CARE

TAKE A BREAK FROM TECHNOLOGY



ACCEPT THAT YOU HAVE ANXIETY



TALK TO SOMEONE ABOUT YOUR ANXIETY

FOCUS ON THE PRESENT MOMENT



LIMIT THE AMOUNT OF CAFFEINE YOU HAVE



HAVE A BATH



DOWNLOAD AN APP



TAKE A DEEP BREATHE AND COUNT BACKWARDS

PRACTICE SOME DEEP BREATHING

UNDERSTAND WHEN YOU START CATASTROPHIZING

PRACTICE SOME SELF CARE

WHY NOT TRY DOING SOME YOGA



JOIN AN EXERCISE GROUP



BUY A MINDFULNESS COLOURING BOOK



LEARN WHAT YOUR TRIGGERS ARE

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU



COUNT TO TEN SLOWLY



COME UP WITH AN ALTERNATIVE THOUGHT

BUILD A MENTAL HEALTH SUPPORT NETWORK



TRY TO KEEP THINGS IN PERSPECTIVE

FOCUS ON THINGS YOU CAN CONTROL



TAKE A BREAK



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET



TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION



SET ASIDE SOME TIME TO WORRY



PRACTICE SOME MINDFULNESS



TRY ENGAGING IN RATIO BREATHING



LISTEN TO RELAXING MUSIC



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



IDENTIFY THINKING ERRORS



ASK YOURSELF: WHAT'S THE WORST THAT CAN HAPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY

LOOK AFTER YOURSELF

DISTRACT YOURSELF

SLOW DOWN WHAT YOU ARE DOING

TEST OUT THE VALIDITY OF YOUR THOUGHTS

VISUALISE A SAFE PLACE

RECOGNISE THE SIGNS OF YOUR ANXIETY



CALL A FRIEND



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



Anxiety Relief Tips

Michael Rajnik



Anxiety Relief Tips:

Delve into the emotional tapestry woven by Crafted by in Experience **Anxiety Relief Tips** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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