
ANXIETY

copying skills

BREATHE

Close your eyes, breathe in through your nose for 4 seconds. Hold it for 7 and exhale for 8 seconds. Repeat.

WRITE IT DOWN

Recognising how you feel is important in order to know how to treat that emotion. You can do this by writing down exactly how you feel. Get it out of your head and put it down on paper.

MINDFULNESS

Meditation and yoga is a great way to relax the mind. Put on some calming music and relax. Think about your happy place.

EXERCISE

If you are feeling anxious, try to get up and walk around. You don't have to leave the house for this but even walking to a different room can help to calm your mind.

DISTRACTION

Distract yourself by reading a book, take a shower, listen to music, call a friend, go for a walk.

REASSURANCE

- Tell yourself:
- I will get through this
 - I am breathing
 - I am going to calm down
 - I am going to be okay

Sight Words List Anxiety Relief Tips

Puja Mehta



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Table of Contents Sight Words List Anxiety Relief Tips

1. Understanding the eBook Sight Words List Anxiety Relief Tips
 - The Rise of Digital Reading Sight Words List Anxiety Relief Tips
 - Advantages of eBooks Over Traditional Books
2. Identifying Sight Words List Anxiety Relief Tips
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sight Words List Anxiety Relief Tips
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sight Words List Anxiety Relief Tips
 - Personalized Recommendations
 - Sight Words List Anxiety Relief Tips User Reviews and Ratings
 - Sight Words List Anxiety Relief Tips and Bestseller Lists
5. Accessing Sight Words List Anxiety Relief Tips Free and Paid eBooks

- Sight Words List Anxiety Relief Tips Public Domain eBooks
 - Sight Words List Anxiety Relief Tips eBook Subscription Services
 - Sight Words List Anxiety Relief Tips Budget-Friendly Options
6. Navigating Sight Words List Anxiety Relief Tips eBook Formats
 - ePub, PDF, MOBI, and More
 - Sight Words List Anxiety Relief Tips Compatibility with Devices
 - Sight Words List Anxiety Relief Tips Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sight Words List Anxiety Relief Tips
 - Highlighting and Note-Taking Sight Words List Anxiety Relief Tips
 - Interactive Elements Sight Words List Anxiety Relief Tips
 8. Staying Engaged with Sight Words List Anxiety Relief Tips
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sight Words List Anxiety Relief Tips
 9. Balancing eBooks and Physical Books Sight Words List Anxiety Relief Tips
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sight Words List Anxiety Relief Tips
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Sight Words List Anxiety Relief Tips
 - Setting Reading Goals Sight Words List Anxiety Relief Tips
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Sight Words List Anxiety Relief Tips
 - Fact-Checking eBook Content of Sight Words List Anxiety Relief Tips
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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