

# 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.



# Anxiety Relief How To Tutorial

**B. Mark Schoenberg**



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## **Table of Contents Anxiety Relief How To Tutorial**

1. Understanding the eBook Anxiety Relief How To Tutorial
  - The Rise of Digital Reading Anxiety Relief How To Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief How To Tutorial
  - 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 Anxiety Relief How To Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief How To Tutorial

- Personalized Recommendations
  - Anxiety Relief How To Tutorial User Reviews and Ratings
  - Anxiety Relief How To Tutorial and Bestseller Lists
5. Accessing Anxiety Relief How To Tutorial Free and Paid eBooks
    - Anxiety Relief How To Tutorial Public Domain eBooks
    - Anxiety Relief How To Tutorial eBook Subscription Services
    - Anxiety Relief How To Tutorial Budget-Friendly Options
  6. Navigating Anxiety Relief How To Tutorial eBook Formats
    - ePub, PDF, MOBI, and More
    - Anxiety Relief How To Tutorial Compatibility with Devices
    - Anxiety Relief How To Tutorial Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Anxiety Relief How To Tutorial
    - Highlighting and Note-Taking Anxiety Relief How To Tutorial
    - Interactive Elements Anxiety Relief How To Tutorial
  8. Staying Engaged with Anxiety Relief How To Tutorial
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Anxiety Relief How To Tutorial
  9. Balancing eBooks and Physical Books Anxiety Relief How To Tutorial
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Anxiety Relief How To Tutorial
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Anxiety Relief How To Tutorial
    - Setting Reading Goals Anxiety Relief How To Tutorial
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Anxiety Relief How To Tutorial

- Fact-Checking eBook Content of Anxiety Relief How To Tutorial
  - 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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