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0

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



ACCEPT THAT YOU HAVE ANXIETY



TALK TO SOMEONE ABOUT YOUR ANXIETY

FOCUS ON THE PRESENT MOMENT



LIMIT THE AMOUNT OF CAFFEINE YOU HAVE



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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



PRACTICE IMAGERY TO REDUCE AROUSAL



DON'T BE AFRAID TO ASK FOR HELP



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



Anxiety Relief Tips

Rachel S Tattersall



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Table of Contents Anxiety Relief Tips

1. Understanding the eBook Anxiety Relief Tips
 - The Rise of Digital Reading Anxiety Relief Tips
 - Advantages of eBooks Over Traditional Books
2. Identifying 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 Anxiety Relief Tips
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Tips
 - Personalized Recommendations
 - Anxiety Relief Tips User Reviews and Ratings
 - Anxiety Relief Tips and Bestseller Lists
5. Accessing Anxiety Relief Tips Free and Paid eBooks
 - Anxiety Relief Tips Public Domain eBooks
 - Anxiety Relief Tips eBook Subscription Services
 - Anxiety Relief Tips Budget-Friendly Options
6. Navigating Anxiety Relief Tips eBook Formats

- ePub, PDF, MOBI, and More
- Anxiety Relief Tips Compatibility with Devices
- Anxiety Relief Tips Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anxiety Relief Tips
 - Highlighting and Note-Taking Anxiety Relief Tips
 - Interactive Elements Anxiety Relief Tips
- 8. Staying Engaged with Anxiety Relief Tips
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anxiety Relief Tips
- 9. Balancing eBooks and Physical Books Anxiety Relief Tips
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anxiety Relief Tips
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Anxiety Relief Tips
 - Setting Reading Goals Anxiety Relief Tips
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Anxiety Relief Tips
 - Fact-Checking eBook Content of 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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