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STRATEGIES TO
MANAGE YOUR

ANXIETY

@BELIEVEPHQ

TAKE A BREAK FROM TECHNOLOGY

ENGAGE IN SOMETHING PLEASURABLE

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOME EXERCISE

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

BUILD A MENTAL HEALTH SUPPORT NETWORK

DON'T BE AFRAID TO ASK FOR HELP

LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

TRY TO KEEP THINGS IN PERSPECTIVE

LOOK AFTER YOURSELF

CHALLENGE YOUR THOUGHTS

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

FOCUS ON THINGS YOU CAN CONTROL

LOOK AFTER YOURSELF

JOURNAL YOUR WORRIES

HAVE A BATH

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

TAKE A BREAK

DISTRACT YOURSELF

WORK ON YOUR PROBLEM SOLVING SKILLS

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EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS

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MAKE SURE YOU ARE EATING A BALANCED DIET

TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING



TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

UNDERSTAND WHEN YOU START CATASTROPHIZING



SET ASIDE SOME TIME TO WORRY

VISUALISE A SAFE PLACE

PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS

TRY ENGAGING IN RATIO BREATHING

RECOGNISE THE SIGNS OF YOUR ANXIETY



LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

CALL A FRIEND

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

Richard Bailey



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icc world cup india will want other batters to replicate the hindu - Mar 29 2023

web oct 31 2023 up in the stands a sachin tendulkar statue set to be unveiled on november 1 was getting the finishing

touches the maestro stood frozen in his lofted shot all power and panache

the hindu salutes the maestro the hindu - Oct 04 2023

web batting maestro sachin tendulkar released a book published on his century of centuries by the hindu group of publications the function was held at the mumbai indians team

[a salute to the batting maestro the hindu](#) - Sep 22 2022

web dec 18 2014 the art exhibition features 10 contemporary indian artists who have created their own art on different mediums based on an inspiration drawn out of sachin s life on and off the field india world

sachin 50 celebrating a maestro the hindu businessline - Sep 03 2023

web apr 24 2023 sachin 50 celebrating a maestro updated april 24 2023 at 06 32 pm today april 24 batting legend sachin tendulkar is 50 years old in this excerpt from the book sachin 50 by boria majumdar

sachin tendulkar s statue unveiled at wankhede stadium - Apr 17 2022

web nov 1 2023 sachin tendulkar one name that needs no introduction for indian sports lovers the cricket maestro for decades carried the hopes of billions on the cricket field the numerous world records

sachin tendulkar to flag off hyderabad half marathon on - Jul 21 2022

web 1 day ago cricket great sachin tendulkar will flag off the hyderabad half marathon on sunday close to 8 000 enthusiastic runners will gather at the gachibowli stadium at the break of dawn organised by neb sports the event has three categories the half marathon 21 1k timed 10k and the 5k fun run when it comes to running a lot of

sachin tendulkar shares heartfelt note after unveiling statue in - Oct 24 2022

web 2 days ago the statue is dedicated to 50 years of sachin tendulkar s life hours after sachin tendulkar s life sized statue was unveiled at wankhede stadium the master blaster penned a heartfelt note on x

tendulkar backs india to do well at the world cup the hindu - Apr 29 2023

web sep 3 2014 the maestro was delighted by india s dominant showing in the ongoing odi series against englan

character of pitches in new zealand has changed says sachin tendulkar - Aug 02 2023

web jan 21 2020 the pitches in new zealand have become a lot more batting friendly over the years says iconic former batsman sachin tendulkar insisting that india have the ammunition to trouble the

tendulkar s life size statue unveiled at wankhede stadium - Feb 13 2022

web nov 1 2023 chants of sachin sachin returned to the wankhede stadium on wednesday evening as a life size statue of former india captain sachin tendulkar was unveiled at his home ground a splash of colourful confetti and the rhythmic beats of the dhol gave a festive fervour to the ceremony as a rather emotional tendulkar who was

[sachin tendulkar a born winner frontline the hindu](#) - Nov 24 2022

web oct 13 2013 tendulkar s career has coincided with the emergence of india as a world power and an economic giant so by a quirk of history the little master has for 24 years been a symbol of the rise of