

# 14 WAYS TO RELIEVE ANXIETY AND STRESS

- 1** EAT A WELL-BALANCED DIET
- 2** STAY AWAY FROM SUGAR
- 3** LIMIT ALCOHOL AND CAFFEINE
- 4** TAKE TIME FOR YOURSELF
- 5** EXERCISE
- 6** GET IN TOUCH WITH NATURE
- 7** TRY GROUNDING
- 8** BREATHE
- 9** CLEAN YOUR ROOM
- 10** STAND UP STRAIGHT
- 11** PHONE A FRIEND
- 12** DO SOMETHING THAT MAKES YOU LAUGH
- 13** TRY SOME SUPPLEMENTS
- 14** TRY AROMATHERAPY

# Anxiety Relief Ideas Download

**R Sandford**



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