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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

DOWNLOAD AN APP

COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS



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

RECOGNISE THE SIGNS OF YOUR ANXIETY

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 HEPPEN

REDUCE YOUR STRESS LEVELS  
MANAGE YOUR TIME EFFECTIVELY



# Anxiety Relief Tips

**John Murtagh**



## **Anxiety Relief Tips:**

This book delves into Anxiety Relief Tips. Anxiety Relief Tips is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Anxiety Relief Tips, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Anxiety Relief Tips
- Chapter 2: Essential Elements of Anxiety Relief Tips
- Chapter 3: Anxiety Relief Tips in Everyday Life
- Chapter 4: Anxiety Relief Tips in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Anxiety Relief Tips. This chapter will explore what Anxiety Relief Tips is, why Anxiety Relief Tips is vital, and how to effectively learn about Anxiety Relief Tips.

3. In chapter 2, the author will delve into the foundational concepts of Anxiety Relief Tips. The second chapter will elucidate the essential principles that must be understood to grasp Anxiety Relief Tips in its entirety.

4. In chapter 3, the author will examine the practical applications of Anxiety Relief Tips in daily life. The third chapter will showcase real-world examples of how Anxiety Relief Tips can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Anxiety Relief Tips in specific contexts. The fourth chapter will explore how Anxiety Relief Tips is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Anxiety Relief Tips. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Anxiety Relief Tips.

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web although the book does has a nice introduction to peruvian cuisine and the classic ingredients it does not describe the main ajies that are used such as aji amarillo aji panca aji mirasol rocoto and aji limo they all have distinctive flavors and can be used fresh dried and in paste the book does not really go into that

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