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STRATEGIES TO MANAGE YOUR

ANXIETY

@BELIEVEPHQ

TAKE A BREAK FROM TECHNOLOGY

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

BUILD A MENTAL HEALTH SUPPORT NETWORK

DON'T BE AFRAID TO ASK FOR HELP

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

TRY TO KEEP THINGS IN PERSPECTIVE

FOCUS ON THINGS YOU CAN CONTROL

LOOK AFTER YOURSELF

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

TAKE A BREAK

DISTRACT YOURSELF

HAVE A BATH

COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

DOWNLOAD AN APP



TAKE A DEEP BREATHE AND COUNT BACKWARDS

TRY SINGING

TEST OUT THE VALIDITY OF YOUR THOUGHTS

UNDERSTAND WHEN YOU START CATASTROPHIZING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

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

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY

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

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MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

Ying Liu



Anxiety Relief Tips:

Whispering the Secrets of Language: An Mental Journey through **Anxiety Relief Tips**

In a digitally-driven world where speed reigns supreme and instant connection drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often go unheard. However, nestled within the pages of **Anxiety Relief Tips** a interesting fictional value pulsing with organic emotions, lies a fantastic journey waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus attracts viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the fabric of every word. Within the psychological depths of this moving evaluation, we shall embark upon a honest exploration of the book's primary styles, dissect its captivating writing model, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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