

HOW TO CALM ANXIETY QUICKLY: 7 TIPS



“TAKE FIVE” BREATHING

Hold up your hand, trace up and down each finger slowly while breathing in through your nose as you trace up, pausing briefly at the top, and breathing out through your mouth as you trace down.

STRETCHING EXERCISES

Stretch your arms, legs, and neck, holding each stretch for 15-30 seconds while focusing on your breath and noticing how your body feels.



REACH OUT TO A TRUSTED FRIEND

Contact a friend who can provide emotional support, encouragement, a listening ear to vent to, and a sense of connection.



A-Z CATEGORY GAME

Think of a category (e.g., countries or animals) then go through the alphabet and think of something in that category that begins with each letter as a distraction from anxiety.

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				



CHALLENGE ANXIOUS THOUGHTS

Recognize unhelpful thoughts, question their accuracy, adjust them with balanced, realistic perspectives, or visualize worst-case scenarios to gain perspective.

PROGRESSIVE MUSCLE RELAXATION

Tense and release different muscle groups progressively to release physical tension associated with anxiety. Start at the bottom of the body and work upwards.



ENGAGE YOUR SENSES

Name five things you can see around you, four things you can hear, three things you can touch, two things you can smell, and one thing you can taste, as a grounding exercise.



Anxiety Relief Buy Online Tutorial

Michael Hoelscher



Anxiety Relief Buy Online Tutorial:

Embracing the Beat of Appearance: An Mental Symphony within **Anxiety Relief Buy Online Tutorial**

In a world used by monitors and the ceaseless chatter of fast interaction, the melodic elegance and emotional symphony produced by the published word often disappear in to the backdrop, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Anxiety Relief Buy Online Tutorial** an enchanting fictional value full of natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of the emotional evaluation, we will discover the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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