

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 How To Tutorial

Roman Wölfel



Anxiety Relief How To Tutorial:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Anxiety Relief How To Tutorial**

In a global inundated with monitors and the cacophony of instantaneous connection, the profound power and mental resonance of verbal artistry usually disappear in to obscurity, eclipsed by the regular barrage of sound and distractions. However, situated within the musical pages of **Anxiety Relief How To Tutorial**, a captivating function of literary splendor that pulses with fresh thoughts, lies an remarkable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this mesmerizing opus books visitors on a psychological odyssey, softly revealing the latent possible and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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