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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

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COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS

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COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

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



PRACTICE SOME SELF CARE

TRY ENGAGING IN RATIO BREATHING



CALL A FRIEND

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

Michal Rosen-Zvi



Anxiety Relief Tips:

Anxiety Relief Tips Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Anxiety Relief Tips**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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