

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 Best Tutorial

John Heyl Vincent



Anxiety Relief Best Tutorial:

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The Complete Guide to Your Emotions and Your Health Emrika Padus,1992 The executive editor of Prevention magazine tells readers how to remove emotional roadblocks from high anxiety to low self esteem that may be standing in the way of emotional hardiness Other self help topics include what to do about depression shyness addiction stress and diminished sexual enjoyment

Evangelical Sunday School Lesson Commentary 1983-1984 James E. Humbertson,1983-06

Evangelical Sunday School Lesson Commentary 2005-2006 HB Lance Colkmire,2005

The National Prohibitory Amendment Guide Ada Matilda Bittenbender,1889

Magill's Medical Guide Anne Chang,2008 Covers diseases disorders treatments procedures specialties anatomy biology and issues in an A Z format with sidebars addressing

recent developments in medicine and concise information boxes for all diseases and disorders **Country Guide and Nor'west Farmer** ,1926 **Guide to Psychiatry** Myre Sim,John Donnelly,1981 The Lesson Commentary on the International Sunday-school Lessons... John Heyl Vincent,1880 *Teachers' Guide to International Sunday School Lessons for [Jan.-Dec.] 1913* Martha Tarbell,1912 **Peninsular Methodist** ,1905 *The Andover Review* ,1886 Real Estate Record and Builders' Guide ,1886 *A Resource Guide for Elementary School Teaching* Richard Dean Kellough,Patricia Roberts,1994 A Resource Guide for Elementary School Teaching is a practical comprehensive and concise methods book designed to engage readers in hands on and minds on learning about effective teaching A four part organization covers an orientation to elementary school teaching and learning planning for instruction strategies aids media and resources for effective instruction assessment and professional development A new chapter on elementary school children discusses their development and their diversity and specific strategies for working with them The Anxiety Cure Robert L. DuPont,Elizabeth DuPont Spencer,Caroline M. DuPont,1998-07-13 This book offers an eight step practical program for fast and long lasting relief of anxiety symptoms The Boston Medical and Surgical Journal ,1909 Evans's illustrated object lesson book, for infant schools (by mrs. A.E. Dove). mrs. A E Dove,1900

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