

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 Discount Tutorial

Daniel F McAuley



Anxiety Relief Discount Tutorial:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Anxiety Relief Discount Tutorial**

In a global inundated with monitors and the cacophony of immediate conversation, the profound power and mental resonance of verbal art often disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, located within the musical pages of **Anxiety Relief Discount Tutorial**, a captivating work of fictional brilliance that pulses with organic thoughts, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this enchanting opus courses viewers on a psychological odyssey, gently exposing the latent possible and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect its interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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