

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 touch, three things you can hear, two things you can smell, and one thing you can taste, as a grounding exercise.



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**John Heyl Vincent, Jesse Lyman
Hurlbut, John Thomas McFarland**

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The New Harvard Guide to Women's Health Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30
With complete information on women's health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers **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 New code, 1871. The grade lesson books, by E.T. Stevens and C. Hole. Standard 6 Edward Thomas Stevens, 1871 Blackie's historical readers. Home lesson book. First (-Fourth) historical reader Blackie & Son, 1883

The American Lesson of the Free Trade Struggle in England Matthew Mark Trumbull, 1884 *The Lesson Commentary on the International Sunday-school Lessons...* John Heyl Vincent, 1883 **Cassell's household guide** Cassell, Ltd, 1877 **The Complete Guide to Your Emotions and Your Health** Emrika Padus, 1958-08-15 **Real Estate Record and Builders' Guide**, 1889 **Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc** Cassell & Company, 1877 **The Illustrative Lesson Notes** John Heyl Vincent, Jesse Lyman Hurlbut, John Thomas McFarland, 1893 **The Wesleyan Sunday-school magazine [afterw.] The Wesleyan methodist Sunday school magazine**, 1878 *Evangelical Sunday School Lesson Commentary 1983-1984* James E. Humbertson, 1983-06

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