

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
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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Ensheng Dong

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Proceedings of the International Conference on Art Design and Digital Technology, ADDT 2022, 16-18 September 2022, Nanjing, China Afizan Bin Azman,Norfadilah Kamarudin,Yi Ji,2022-12-02 The 2022 International Conference on Art Design and Digital Technology ADDT 2022 was successfully held on September 16 18 2022 in Nanjing China virtual conference ADDT 2022 created a forum for idea sharing and research exchange opened up new perspectives in related fields and broadened the horizons of all participants In the conference 150 individuals around the world took part in the conference Divided into three parts the conference agenda covered keynote speeches oral presentations and online Q A discussion Firstly the keynote speakers were each allocated 30 45 minutes to address their speeches Then in the oral presentations the excellent papers we had selected were presented by their authors one by one We are glad to share with you that we ve selected a bunch of high quality papers from the submissions and compiled them into the proceedings after rigorously reviewing them These papers feature but are not limited to the following topics Computer Art Visual Design Digital Media Innovative Technology etc All the papers have been checked through rigorous review and processes to meet the requirements of publication We would like to acknowledge all of those who supported ADDT 2022 and made it a great success In particular we would like to thank the European Alliance for Innovation EAI for the hard work of all its colleagues in publishing this paper volume We sincerely hope that the ADDT 2022 turned out to be a forum for excellent discussions that enable new ideas to come about promoting collaborative research *Advanced Introduction to Disaster Risk Reduction* Douglas Paton,2022-11-18 With disasters increasing in both frequency and intensity this timely Advanced Introduction provides a fresh perspective on how the concepts established in the Sendai Framework can be put into practice to reduce disaster risk improve preparedness in cost effective ways and develop whole of society approaches to increasing resilience

Old Dog, New Tricks David Taylor,2006 Guide to training older or rescued dogs Covers problems from anxiety related disorders to socializing difficulties for a range of breeds **Bass Fishing Basics or Everything a Bass Fisherman Needs to Remember** Carlton "Doc" Holliday,2014-09-10 This is a reference manual for basic information about bass fishing for novice and experienced bass fishermen both men and women How to find fish develop patterns which baits to use and where and when to use them *Rumor Psychology* Nicholas DiFonzo,Prashant Bordia,2007 In Rumor Psychology Social and Organizational Approaches expert rumor researchers Nicholas DiFonzo and Prashant Bordia investigate how rumors start and spread the accuracy of different types of rumor and how rumors can be controlled particularly given their propagation across media outlets and within organizations Rumors are an enduring feature of our social and organizational landscapes They attract attention evoke emotion incite involvement affect attitudes and actions and they are ubiquitous Rumor transmission is motivated by three broad psychological motivations fact finding relationship enhancement and self enhancement all of which help individuals and groups make sense in the face of uncertainty Rumor is closely entwined with a

host of social and organizational phenomena including social cognition attitude formation and maintenance prejudice and stereotyping group dynamics interpersonal and intergroup relations social influence and organizational trust and communication Organizational rumors in contrast with natural disaster rumors tend to be highly accurate with accuracy being affected by cognitive motivational situational group and network factors DiFonzo and Bordia describe how managers can most effectively manage and refute rumors and infer that employee trust in management inhibits rumor activity

Data

Literacy Sau Wai Law,Benny Yim,2025-07-15 Data has been called the new oil of the 21st century economy yet knowledge of how to harness and comprehend data is lagging This book presents a comprehensive guide for university students and business practitioners to acquire the core competencies to become data literate Data Literacy The Essential Language in the Digital Era introduces a logical way to master the nature features characteristics limitations uses and protection of data as well as its legal regulatory and ethical concerns The book helps readers to develop their data literacy skills based on lessons learnt from the authors professional experience in the banking and education sectors together with doctrinal and empirical findings from research and observation With a structured methodology for interpreting data practical case studies and useful exercises this textbook is an essential guide and reference for students practitioners and scholars in any discipline as well as policymakers and regulators from all over the world

Awakening to the Fifth Dimension Kimberley Meredith,2021-12-07

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Masonic Standard ,1898 *Bulletin* Massachusetts. Department of Education. Division of

University Extension,1946

Oxford Thesaurus of English Maurice Waite,2009-08-13 The leading single volume English thesaurus explores the richness of the English language with hundreds of thousands of synonyms and antonyms and thousands of example sentences drawn from the Oxford English Corpus finds the word you need quickly with carefully chosen and arranged synonyms broadens your vocabulary and finds solutions to word puzzles and crosswords with hundreds of thematic word lists and helps express yourself more accurately with hundreds of Choose the Right Word boxes exploring

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