

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



Anxiety Relief Tips Tutorial

Mary Connolly

Anxiety Relief Tips Tutorial:

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Social Work

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The Illustrative Lesson Notes

John Heyl Vincent,Jesse Lyman Hurlbut,John Thomas McFarland,1893

Video Rating Guide for Libraries ,1992

The Self Help

Guide For Anxiety Relief: Discover 6 Proven Anxiety Relief Techniques That Work (REGULAR PRINT)

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American Book Publishing Record ,2006

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Small Press Record of Books in Print ,1992

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Readers' Guide to Periodical Literature Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1957

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A Guide to Co-Teaching

Richard A. Villa,Jacqueline S. Thousand,Ann I. Nevin,2004-04-08 A Guide to Co Teachingis a must have All members of the school community will find something useful in this book and what they find will guarantee that student learning is improved Douglas Fisher Associate Professor of Teacher EducationSan Diego State UniversityThe book provides a road map for how

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