

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.



Anxiety Relief Tricks Install

Emilie Sanchez



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 - The Rise of Digital Reading Anxiety Relief Tricks Install
 - Advantages of eBooks Over Traditional Books
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 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anxiety Relief Tricks Install
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Tricks Install
 - Personalized Recommendations
 - Anxiety Relief Tricks Install User Reviews and Ratings
 - Anxiety Relief Tricks Install and Bestseller Lists
5. Accessing Anxiety Relief Tricks Install Free and Paid eBooks
 - Anxiety Relief Tricks Install Public Domain eBooks
 - Anxiety Relief Tricks Install eBook Subscription Services
 - Anxiety Relief Tricks Install Budget-Friendly Options

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 - Anxiety Relief Tricks Install Compatibility with Devices
 - Anxiety Relief Tricks Install Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Anxiety Relief Tricks Install
 - Highlighting and Note-Taking Anxiety Relief Tricks Install
 - Interactive Elements Anxiety Relief Tricks Install
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anxiety Relief Tricks Install
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 - Creating a Diverse Reading Collection Anxiety Relief Tricks Install
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Setting Reading Goals Anxiety Relief Tricks Install
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief Tricks Install
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 - Distinguishing Credible Sources
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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
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 - Integration of Multimedia Elements

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