

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 Latest Tutorial

James I. Fehl, Jim Fehl



Anxiety Relief Latest Tutorial:

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

Farmers' Guide, 1897 New York State Journal of Medicine, 1984 **The Implementation Guide to Student Learning Supports in the Classroom and Schoolwide** Howard S. Adelman, Linda Taylor, 2005-07-14 An innovative guide to procedures resources and tools for closing the gap between the learning supports students need and what they are receiving now New Zealand Journal of Psychology, 1995 **The Duel Between France and Germany, with Its Lesson to Civilization. Lecture** Charles Sumner, 1871 *The Grain Growers' Guide*, 1927 *Standard Lesson Commentary* James I. Fehl, Jim Fehl, 1987-04

Anxiety Relief Latest Tutorial: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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