

# 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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## **Table of Contents Anxiety Relief Tricks Free Shipping**

1. Understanding the eBook Anxiety Relief Tricks Free Shipping
  - The Rise of Digital Reading Anxiety Relief Tricks Free Shipping
  - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief Tricks Free Shipping
  - 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 Free Shipping
  - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Tricks Free Shipping
  - Personalized Recommendations
  - Anxiety Relief Tricks Free Shipping User Reviews and Ratings
  - Anxiety Relief Tricks Free Shipping and Bestseller Lists
5. Accessing Anxiety Relief Tricks Free Shipping Free and Paid eBooks
  - Anxiety Relief Tricks Free Shipping Public Domain eBooks
  - Anxiety Relief Tricks Free Shipping eBook Subscription Services
  - Anxiety Relief Tricks Free Shipping Budget-Friendly Options

6. Navigating Anxiety Relief Tricks Free Shipping eBook Formats
  - ePUB, PDF, MOBI, and More
  - Anxiety Relief Tricks Free Shipping Compatibility with Devices
  - Anxiety Relief Tricks Free Shipping Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Anxiety Relief Tricks Free Shipping
  - Highlighting and Note-Taking Anxiety Relief Tricks Free Shipping
  - Interactive Elements Anxiety Relief Tricks Free Shipping
8. Staying Engaged with Anxiety Relief Tricks Free Shipping
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Anxiety Relief Tricks Free Shipping
9. Balancing eBooks and Physical Books Anxiety Relief Tricks Free Shipping
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Anxiety Relief Tricks Free Shipping
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Anxiety Relief Tricks Free Shipping
  - Setting Reading Goals Anxiety Relief Tricks Free Shipping
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief Tricks Free Shipping
  - Fact-Checking eBook Content of Anxiety Relief Tricks Free Shipping
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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