

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.



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The Saturday Review of Politics, Literature, Science and Art ,1900 *The Influence of Play Therapy on Personality Change and the Consequent Effect on Reading Performance* Evangeline V. Winn,1959 **The Journal of Education** ,1891

Parents' Magazine & Family Home Guide ,1957 *A Broad Survey of the Entire Field of Applied Linguistics* Robert B. Kaplan,1980 **Patient Assessment Tutorials: A Step-by-Step Procedures Guide for the Dental Hygienist** Jill S. Nield-Gehrig,Donald E. Willmann,2013-01-07 The ability to accurately assess patients is vital to the practice of Dental Hygiene a complete and accurate assessment is the starting point to providing thorough patient care Patient Assessment Tutorials takes you through the process of patient assessment and provides you with information on both the actual physical assessment as well as effective patient communication The highly visual step by step style teaches you vital assessment processes quickly and thoroughly Excellent features include detailed full color illustrations and photographs to visually guide you through procedures and techniques case studies and personal accounts that bring the content to life and more

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The Journal of the Florida Medical Association Florida Medical Association,1983-07 The Athenaeum ,1871

Municipal Journal, Public Works Engineer and Contractors' Guide ,1952 **American Book Publishing Record** ,2003

Municipal Journal, Public Works Engineer Contractor's Guide ,1952 **The Lancet** ,1873 **Journal of College Student Personnel** ,1974 **Report** Commonwealth Shipping Committee,1918 **Reports** Great Britain. Royal Commission on University Education in Wales,1918

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