

# 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 Ideas Tutorial

**Hallinan**



## **Anxiety Relief Ideas Tutorial:**

*The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia* Drew Linsalata, 2020-06-10 You're anxious all the time experiencing panic attacks over and over and maybe afraid to leave your house or to be left alone for even a few minutes You are avoiding simple things like driving eating in restaurants attending family functions or going to the supermarket You are terrified of the next wave of anxiety or the next panic attack Your anxiety problems are ruining your relationships your family life and your career Your anxiety problems have you afraid confused lost and feeling hopeless How did you get here What went wrong You've tried so many things but nothing has cured your anxiety What can you do now The Anxious Truth is a step by step guide to understanding and overcoming the anxiety problems that have plagued you for so long This book written by a former anxiety sufferer best selling author of *An Anxiety Story* and host of the *The Anxious Truth* podcast will walk you through exactly how you got to where you are today why you are not broken or ill and what the true nature of your anxiety disorder is Next the book will walk you through what it takes to solve your anxiety problems how to make an anxiety recovery plan then how to correctly execute that plan The Anxious Truth isn't always what you want to hear but it's what you NEED to hear in order to solve this problem once and for all and move toward the life you so desperately want Based firmly on the principles of cognitive behavioral therapies that have been shown over decades to be most effective in treating anxiety problems the Anxious Truth will teach you how to move past your anxiety symptoms past endless digging for hidden root causes and into an action oriented plan that will help your brain unlearn the bad reaction and fear habits that have gotten you into this predicament The Anxious Truth will take the cognitive mechanism that got you into a corner throw it in reverse and use it to your advantage backing you out of this jam and into a life free from irrational fear and needless avoidance More than just a book The Anxious Truth goes hand in hand with The Anxious Truth podcast <https://theanxioustruth.com> and the growing and vibrant social media community surrounding it Read the book listen to five years worth of free podcasts chock full of helpful advice and information and join a large online community of fellow anxiety sufferers that are done talking about this problem and ready to actually take action to solve it Change is possible No matter how long you've suffered with your anxiety issues you can get better The Anxious Truth will tell you what you need to hear and will arm you with the information understanding and skills you need to get the job done Let's do this together

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## **Table of Contents Anxiety Relief Ideas Tutorial**

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

6. Navigating Anxiety Relief Ideas Tutorial eBook Formats
  - ePub, PDF, MOBI, and More
  - Anxiety Relief Ideas Tutorial Compatibility with Devices
  - Anxiety Relief Ideas Tutorial Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Anxiety Relief Ideas Tutorial
  - Highlighting and Note-Taking Anxiety Relief Ideas Tutorial
  - Interactive Elements Anxiety Relief Ideas Tutorial
8. Staying Engaged with Anxiety Relief Ideas Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Anxiety Relief Ideas Tutorial
9. Balancing eBooks and Physical Books Anxiety Relief Ideas Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Anxiety Relief Ideas Tutorial
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Anxiety Relief Ideas Tutorial
  - Setting Reading Goals Anxiety Relief Ideas Tutorial
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief Ideas Tutorial
  - Fact-Checking eBook Content of Anxiety Relief Ideas Tutorial
  - 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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