

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

Lingjun Ying



Anxiety Relief Tricks:

Fuel your quest for knowledge with is thought-provoking masterpiece, **Anxiety Relief Tricks** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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Table of Contents Anxiety Relief Tricks

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

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