

# 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 Tutorial

**Minjie Lin**



## **Anxiety Relief Tricks Tutorial:**

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**Reduce Stress and Anxiety** Richard Kim,2019-11-27 GET RID OF STRESS ANXIETY AND DEPRESSION FOREVER We

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**The New York Times Magazine**, 1999

*Relieve Anxiety* Jason Mind, 2019-10-29 Would you like to have control over your stress by analyzing its symptoms to prevent its consequences Are you interested to know which techniques to use to eliminate negative thinking anxiety and stress from your life If the answer to these questions is yes this is the book for you This book is a beginner's guide to some of the guiding principles of psychology around anxiety In this book we will guide you through anxiety negative thoughts and stress In order to address the stress you are experiencing you must be able to first find the target of the problem most sources of anxiety and stress come from a part of our psyche Negative energies develop when these sources are not addressed Anxiety can come from a variety of sources including relationships money issues career troubles social situations previous trauma worries about the future or many other sources Your job is to be able to identify the sources of your anxiety



and worry so that you can address the source in whatever way possible There are some diagnostically categorized anxiety disorders such as Social Anxiety Disorder and Generalized Anxiety Disorder and others However it is also a part of our lives as humans Whether you are experiencing symptoms of one of these disorders or just the natural pressure of anxiety in your everyday life you still need to learn how to address it and treat it There are many surefire ways to do so as we cover in this book one of them is eating well When you put good fuel in the machine the machine runs well another is meditation When you put away the worries of the world for a few moments and just focus on the physical experience of the moment you start to realize that there is a difference between the negative thoughts and the objective ones Anxiety can be distinguished from worry because anxiety is a physical state of emotion Anxiety often involves heart rate increasing a higher rate of respiration tightness in the chest hypervigilance and restlessness Worry on the other hand usually refers to the thought content that comes about when we are thinking about something that we are worried about The solutions to each of these problems are slightly different but when you enact a solution towards one of the problems you help the other problem as well The mind affects the body and the body affects the mind Although anxiety is a natural element of living as a human it serves a protective purpose there are ways that we can reduce our excess anxiety and worry Anxiety evolved for humanity from a need to protect ourselves from predators and dangerous elements of living in the wild Now that we are not living in those conditions we can augment our relationship to anxiety and start to realize when it is not necessary This book will deal with what it takes to re orient yourself to a healthy relationship with your anxiety and talk about the steps you can take to become a calmer more naturally peaceful person This book will address Anxiety disorders Stress Negative thoughts and energies Causes of stress Symptoms of stress How to relieve stress by eating healthy Self Esteem Confidence Telling your life story Meditation Mindfulness Eliminating negative energies and thoughts Coping strategies Interpersonal challenges Would you like to know more Download now how to regain control of your life relieving anxiety stress and negative thoughts forever Scroll to the top of the page and select the Buy Now button

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also to be able to have a look at any records which may be attached to the birth certificate at hand

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