

# 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 Sign In

**Ellen F. Ratner**



**Anxiety Relief Tricks Sign In:**

## Adopting the Melody of Phrase: An Emotional Symphony within **Anxiety Relief Tricks Sign In**

In a global consumed by displays and the ceaseless chatter of instantaneous interaction, the melodic elegance and psychological symphony developed by the prepared word usually disappear into the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, located within the pages of **Anxiety Relief Tricks Sign In** an enchanting literary value filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts viewers on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of this poignant analysis, we will investigate the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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