

# 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.



# Act Practice Anxiety Relief Tricks

**Michele DiPietro**



## **Act Practice Anxiety Relief Tricks:**

**Acceptance & Commitment Therapy for Anxiety Disorders** Georg H. Eifert, John P. Forsyth, 2005 Accompanying CD ROM includes client worksheets questionnaires and inventories

**The Faculty Guide to a Balanced and Harmonious Career** Michele DiPietro, 2025-08-15 This book provides a yogic framework for college educators to take inventory of areas of imbalance in their professional life and work toward more sustainable and meaningful career alignment Drawing from chakra theory at the heart of yoga philosophy DiPietro takes readers through the seven major chakras explaining their functions and common patterns of imbalance with particular attention to patterns reinforced by academia and offers 130 tools and strategies for realignment Readers will learn how to ground themselves in nurturing habits set and stand by professional boundaries speak their truth even in charged situations and build a legacy they can be proud of Written to be a helpful trusted guidebook this text features prompts for reflection call out boxes for each chakra and downloadable worksheets to synthesize thoughts and ideas into an action plan

**ABA Child Law Practice**, 2005

**Rapid Relief from Emotional Distress** Gary Emery, James Campbell, 1986

**ADR Personalities and Practice Tips** James J. Alfini, Eric Galton, 1998

**The SAT I for Dummies** Suzee Vlk, 1997 Sheer Academic Torture or Sinister Adolescent Trial No matter what the folks at the College Entrance Examination Board claim we know what SAT really stands for And love them as if or hate them the rational response you ve got to take them if you want to get into most colleges Fully revised to reflect the SAT s new focus the fifth edition of The SAT I For Dummies is the painless easy way to master the test and get the best possible score Suzee Vlk a test prep guru with nearly thirty years of coaching experience supplies you with The most up to date sample questions Two full practice tests Guidance on to approach each different type of question Tips on how to avoid test tricks and traps Relaxation techniques that help you stay calm and focused Techniques for beating the clock Comprehensive reviews of the basics in all categories With Suzee as your guide you ll discover how to outsmart the SAT You ll identify the point behind each of the various styles and types of questions and understand what each is meant to test And you ll gain the confidence you need to Have the last word on sentence completions Infer the meaning in every critical reading question Take the full measure of the geometry questions Make the Xs Ys and Zs dance to your tune on the algebra questions Hand in an incomparable performance on quantitative comparisons Know the what where when who and how many of every problem solving question Get The SAT I For Dummies 5 th Edition and rack up the points you need to enter the college of your choice

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       **Journal of Career Planning & Employment**, 1987     **Congressional Record** United States. Congress, 2003     **The Vermont Bar Journal & Law Digest**, 1999     *Biofeedback* John V. Basmajian, 1979     **Responsibility for Drug-induced Injury** Maurice Nelson Graham Dukes, Barbara Swartz, 1988 At last a comprehensive yet clear medico legal guide to the massive problem of dealing with drug induced illness a field where medicine and law meet and often conflict How does one find evidence of risk and assess damages In what way is the victim to be helped How does one prevent it happening again This expert analysis brings together the world s legal and medical experience to provide ready answers All medical facts and legal rules until now scattered across the world s literature are brought together and presented in a clear extensively referenced literature from more than 20 languages yet readable volume

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web alice s adventures under ground is a 2016 one act opera by gerald barry to his own libretto based on lewis carroll s 1865 children s book alice s adventures in wonderland the original manuscript of which had the title of alice s adventures under ground and its 1871 sequel alice through the looking glass

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web alice s adventures underground is the original manuscript that would eventually be published as alice s adventures in wonderland lewis carroll hand wrote illustrated and bound this copy himself and later gave it as a gift to alice liddell and her two sisters lorina and edith the manuscript was sold at sotheby s on april 3

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web english wsboeken pdf in 1856 the oxford mathematician charles dodgson befriended the new dean of christ church college henry liddell and his wife and particularly the three children alice lorina and edith he took the girls on picnics and told them stories dodgson was also a celebrated victorian photographer who had his own studio in oxford

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web alice s adventures under ground a fter lewis carroll told the alice in wonderland story to the real alice she asked him to write it down for her below you ll find this original story which he later revised for publication and became

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book by lewis carroll titled in manuscript alice s adventures under ground alice s adventures under ground opera a 2016  
opera by gerald barry