

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
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 Customer Service

**Sheila A. Sorrentino,Kathleen
Kennedy,Judy Bowyer**

Anxiety Relief Tricks Customer Service:

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Clinical Nursing Skills and Techniques Anne Griffin Perry,Patricia Ann Potter,1986 **The Anxiety Cure** Robert L. DuPont,Elizabeth DuPont Spencer,Caroline M. DuPont,1998-07-13 This book offers an eight step practical program for fast and long lasting relief of anxiety symptoms **Health Hints and Tips** ,1994 **Tough Customers** Beverly Kay Welo,2001 Counseling troubled offenders is a difficult task To make matters worse many of these individuals have no interest in the help you have to offer and you must break down the walls of their opposition Tough Customers examines this challenging task Chapter in this revision include Bringing Them Home to Their Pain Encouraging Introspection in the Incarcerated Client Overcoming Resistance with Difficult Clients Clarifying the Therapist s Role in the Treatment of the Resistant Sex Offender Some Practical Methods of Treating the Mandated Client Identifying and Confronting Resistance in the Lifestyle of Criminal Offenders Cognitive Intervention Treatment for Dealing with Domestic Violence and Taking Care of Yourself in the Process Counselor Self care in Brutal Environments **Instructor's Manual to Accompany Psychiatric-mental Health Nursing**

Ann Isaacs,Barbara Schoen Johnson,1997

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