

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 Nfl Schedule Tricks

RM Cervero



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Woman's Almanac Kathryn Paulsen, Ryan A. Kuhn, 1976 This volume brings together practical and essential information in the basic areas of women's lives It covers topics such as how to embark on brand new careers rear better families have more free time enjoy more exciting sex lives become financially independent and politically powerful how to ask for a raise start a daycare center or establish a credit identity This information was culled from sources such as how to literature for women from nineteenth century periodicals to modern how to manuals books articles from out of print magazines from little known pamphlets and a few classics from women's writings about women In addition this book provides a Woman's Directory a yellow pages like section at the back of the book listing a wealth of organizations and facilities for women Grade Teacher, 1936 **Athletic Journal**, 1982 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting *The Saturday Evening Post*, 1945 SCC Library has 1974 89 plus scattered issues **Atkinson's Evening Post, and Philadelphia Saturday News**, 1945 *Railroad Telegrapher*, 1907 *The Railroad Telegrapher*, 1907 *Mines Magazine*, 1937 Includes list of the Alumni **Stock-keeper, and Fanciers Chronicle**, 1899 **Yank**, 1967 Youth's Companion, 1900 **Yale Alumni Weekly**, 1916 The Yale Alumni Weekly, 1917 **The Leatherneck**, 1932 Scholastic Coach, 1985 **Author Index to Psychological Index, 1894 to 1935, and Psychological Abstracts, 1927 to 1958** Columbia University. Psychology Library, 1960 **Old Maryland**, 1909 The Times-picayune Index, 1998 338 News, 1962 **Rutgers Alumni Monthly**, 1945

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