

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 Ipad Tips

Burr Jone



Anxiety Relief Ipad Tips:

iPad Pro: The 2020 Ultimate User Guide For all iPad Mini, iPad Air, iPad Pro and iOS 13 Owners The Simplified Manual for Kids and Adult (3rd Edition) Dale Brave, 2019-12-14 This book is a perfect guide for all of model of iPad Tablets such as iPad 2 iPad 6th generation iPad 7th generation iPad 4th generation iPad Air iPad Air 2 iPad Pro 12 9 inch iPad Pro 9 7 inch iPad Pro 10 5 inch iPad Pro 11 inch iPad Air 3rd generation iPad mini and many more model to be made with exclusive features This book is regularly updated and it includes the basic setup wizard information and several other tips and tricks to maximize your iPad devices In this book you will find Step by step instructions including how to fix common iPad Pro and other model problems in simple and clear terms The information presented in this book is targeted at kids teens adolescents and adults who are probably a beginner or dummies seniors or experts with the use of iPad tablets in a more easy to understand steps This 3rd edition of The Simplified Manual for Kids and Adult by Dale Brave book is suitable for kids teens adolescents and adults

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tricks you should know about the new Apple Watch Series 5 and workarounds that would turn you into a guru in no time The Apple Watch Series 4 was announced in September 2018 but this product has been succeeded by the Apple Watch Series 5 Apple Watch Series 5 smartwatch sits alongside the Apple Watch Series 3 while Series 4 Series 2 Series 1 and the initial Apple Watch are discontinued To make things simple the Author Phila Perry has exclusive tips and task you can achieve with your new Apple Watch Series He has also compared the Apple Watch Series 5 to Series 4 and Series 3 here and that means you can see precisely what the variations and similarities are whether you are looking to upgrade or take the smartwatch plunge

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Bioscience, Colorado ,2018

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