

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 Price Tutorial

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Resources in Education, 1991 **Tutorial Essays in Psychology** Norman Stuart Sutherland, 1977 **Kelsey's Midwifery & Women's Health Nurse Practitioner Certification Review Guide** Jamille Nagtalon-Ramos, Melicia Escobar, 2024-12-26 Kelsey's Midwifery Women's Health Nurse Practitioner Certification Review Guide Sixth Edition is a comprehensive review designed to help midwives and women's health nurse practitioners prepare for their certification exams Based on the American Midwifery Certification Board AMCB and the National Certification Corporation NCC test blueprints it contains numerous questions with answers and rationales representing those found on the exams Furthermore it provides guidance on how to study effectively so readers feel confident and prepared to take and pass the exams Kelsey's Midwifery Women's Health Nurse Practitioner Certification Review Guide Sixth Edition is published in partnership with the American College of Nurse-Midwives ACNM and the National Association of Nurse Practitioners in Women's Health NPWH

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