

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 This Month Tutorial

Thomas Joseph Potter



Anxiety Relief This Month Tutorial:

The Hahnemannian Monthly ,1874 Health [a Monthly Devoted to the Cause and Cure of Disease] ,1899 **The Complete Guide to Your Emotions and Your Health** Emrika Padus,1958-08-15 *Anxiety, Phobias and Panic* Reneau Z. Peurifoy,1992 An experienced professional counselor offers an understanding of common nervous disorders from mild anxiety and stress to severe agoraphobia and shows how they can be controlled Originally self published **Real Estate Record and Builders' Guide** ,1889 **Babyhood** Leroy Milton Yale,1887 **The Rand McNally Bankers' Monthly** ,1900 **Brotherhood of Locomotive Engineer's Monthly Journal** ,1888 **International arbitration and peace association monthly journal** , **Scribner's Monthly** ,1883 *The KidsHealth Guide for Parents* Steven Dowshen,Neil Izenberg,Elizabeth Bass,2002-01-05 Accessible authoritative advice from the creators of the award winning KidsHealth website Now the pediatricians behind the celebrated KidsHealth org website which averages one million hits a day have created an exciting general children s health reference Packed with solid advice from medical experts and seasoned parents The KidsHealth Guide helps new parents master the basics of keeping their children healthy and gives veterans a chance to conveniently review the essentials User friendly and fun this comprehensive guide offers authoritative answers without intimidating length Lists tip boxes decision trees and bite size segments with clear headings allow parents especially the newer frazzled kind to find what they need fast Covers everything from prenatal care and to common illnesses emergencies safety growth and development chronic conditions special needs medications nutrition and invaluable suggestions on making effective and affordable use of the health care system **The Journal of the Florida Medical Association** Florida Medical Association,1983-07 *The Century Illustrated Monthly Magazine* Josiah Gilbert Holland,Richard Watson Gilder,1883 *Scribner's Monthly, an Illustrated Magazine for the People* ,1883 *The Harvard Medical School Guide to Suicide Assessment and Intervention* Douglas G. Jacobs,1999 The Harvard Medical School Guide to Suicide Assessment and Intervention is an essential reference that provides clinicians with information and strategies for appropriate responses to patients or clients who are at risk for suicide Book jacket **The Ohio Educational Monthly and the National Teacher** ,1894 *Country Guide and Nor'west Farmer* ,1928 **The baptist Magazine** ,1873 *New York State Journal of Medicine* ,1984 Sir Humphrey's Trial: Or, The Lesson of Life. A Book of Tales, Legends, and Sketches, in Prose and Verse Thomas Joseph Potter,1884

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