

# 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.



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## **Table of Contents Anxiety Relief Tips Tutorial**

1. Understanding the eBook Anxiety Relief Tips Tutorial
  - The Rise of Digital Reading Anxiety Relief Tips Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief Tips Tutorial
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Anxiety Relief Tips Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Tips Tutorial
  - Personalized Recommendations
  - Anxiety Relief Tips Tutorial User Reviews and Ratings
  - Anxiety Relief Tips Tutorial and Bestseller Lists
5. Accessing Anxiety Relief Tips Tutorial Free and Paid eBooks
  - Anxiety Relief Tips Tutorial Public Domain eBooks
  - Anxiety Relief Tips Tutorial eBook Subscription Services
  - Anxiety Relief Tips Tutorial Budget-Friendly Options

6. Navigating Anxiety Relief Tips Tutorial eBook Formats
  - ePub, PDF, MOBI, and More
  - Anxiety Relief Tips Tutorial Compatibility with Devices
  - Anxiety Relief Tips Tutorial Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Anxiety Relief Tips Tutorial
  - Highlighting and Note-Taking Anxiety Relief Tips Tutorial
  - Interactive Elements Anxiety Relief Tips Tutorial
8. Staying Engaged with Anxiety Relief Tips Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Anxiety Relief Tips Tutorial
9. Balancing eBooks and Physical Books Anxiety Relief Tips Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Anxiety Relief Tips Tutorial
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Anxiety Relief Tips Tutorial
  - Setting Reading Goals Anxiety Relief Tips Tutorial
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief Tips Tutorial
  - Fact-Checking eBook Content of Anxiety Relief Tips Tutorial
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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