

# 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

**Dale Brave**



## **Anxiety Relief Ipad Tips:**

**iPhone Guide: Maximizing the Future of Cell Phone Technology** Brooke Jade, 2019-10-21 Over 70 million cell phone users in the world use the iPhone 7 iPhone 7 Plus iPhone 8 iPhone 8 Plus iPhone X iPhone XR iPhone XS iPhone XS Max iPhone 11 and iPhone 11 aren't just faster and more powerful than ever they're also better at all of the things you use an iPhone DEVICE for It helps you accomplish everything from web browsing to watching videos shooting unique photographs watching and streaming live TV for FREE importing and exporting contacts files unlocking iPhones fixing iPhone problems and lot more You'll get up to speed on features now one talks about which are available on your iPhone devices This easy to use book will also get you up to speed on all iOS 12 features including new Siri shortcuts Group FaceTime and improved performance features and also makes the information simple enough for kids adolescents and adult even if they are dummies seniors and experts in the computer and technology world

**iPhone Guide: The Simplified Manual for Kids and Adult** Dale Brave, 2019-10-21 The Exclusively beautiful full color guide to making the most of your iPhone cell phone Over 50 million people all over the world are iPhone users Simply because iPhone cell phone is a hugely popular smartphone that offers many advances and convenient features including a camera like no other Siri turn by turn driving directions a calendar and a lot more But if you're just adopting one of the iPhone device such as iPhone 3G iPhone 3GS iPhone 4 iPhone 4S iPhone 5 iPhone 5c iPhone 5s iPhone 6 iPhone 6 Plus iPhone 6s iPhone 6s Plus iPhone SE iPhone 7 iPhone 7 Plus iPhone 8 iPhone 8 Plus iPhone X iPhone XR iPhone XS iPhone XS Max iPhone 11 for the first time chances are you could use a friendly companion to help you make sense of its enormous features The easy to follow steps in this book will help you manage personalize and communicate using your new iPhone cell phone

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**iPhone 6s Plus: The Ultimate Guide to Revolutionizing Your iPhone Mobile: The User Manual like No Other** Phila Perry, 2019-10-21 Are you new to iPhone 6s Plus devices or do you just acquire a new iPhone or willing to know more about what you can do with your iPhone mobile phone This is the guide for you as you will get simplified instructions to the

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