

# Anxiety Relief Tips

## Responsive - *in the moment*

The goal is to “unblend” from your anxiety to give you more headspace.

### 5-4-3-2-1 Grounding

Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This simple exercise can bring you back to the present moment and out of your anxious thoughts.

### Engage Your Senses

Drink water, hold a cold or warm object, take a walk, or listen to calming music. Focusing on a specific sensation can help you access your calm Self.

### Box Breathing

Inhale for a count of 4, hold for a count of 4, exhale for a count of 4, and hold for a count of 4. Repeat for several minutes.

### The Physiological Sigh

This is a deep breath with two quick inhales and a long exhale, helping reduce anxiety by calming the nervous system.

### Labelling

Recognize the physical and mental signs as you experience the anxiety and understand the root cause e.g. "I'm feeling anxious about giving this presentation. My heart is racing and my palms are sweaty. There's a fear of messing up in front of everyone."

## Preventative – *Before the moment*

The goal is to “befriend” your anxiety to reduce its reactivity.

### Tracking

Keep a daily journal to record instances of anxiety. Note the date, time, and situation where you felt anxious. Don't just say "stressful situations" are triggers. Dig deeper. Is it public speaking, deadlines at work, or arguments with loved ones? Identify patterns to start understanding the source of our anxiety.

### Sleep Hygiene

Develop a consistent sleep schedule, create a relaxing bedtime routine, and ensure your home environment is conducive to sleep. Adequate sleep is crucial for managing anxiety.

### Consistent Movement

Aim for at least 30 minutes of moderate-intensity exercise most days of the week. It could even be as simple as taking more walks. Physical activity releases endorphins, natural mood boosters that can help with our anxiety.

### Healthy Diet

Eat a balanced diet rich in fruits, vegetables, grains, and lean protein. Processed foods like sugary drinks, refined carbohydrates (white bread, pastries), and fried foods can cause blood sugar spikes. These fluctuations can contribute to anxiety symptoms like irritability and mood swings.

### Connect with Loved Ones

Talk to a trusted friend or family member about your anxiety. Talking can be a powerful way to process emotions and feel supported.

## Coming Soon

Download the “*Chaos to Clarity*” 10-Day Guide for a Detailed Understanding of Your Anxiety