

TOP 8 ANXIETY RELIEF TIPS

Here are 8 tips for anxiety relief to get you through your toughest moments.

by Curly Haired Mom

1 LISTEN TO MUSIC

Music can make us feel all kinds of emotions but if you listen to the music that makes you feel your best then you are set for much needed R&R.

2 DRINK WATER

Drink plenty of water throughout the day. This tip can be hard when that soda is calling your name. You will feel fresh and your face may become clearer also.

3 EAT HEALTHY

Eating right can make your body and mental state feel great. Of course you want that coke or piece of cake your coworker bought in but your body will thank you for it later. Which bring me to my next tip.

4 EXERCISE

Work that body out. This goes hand in hand with eating healthy. Getting your body moving will make you feel great inside and out.

5 JOURNAL

Write your thoughts in a journal or blog. This can be a safe place with no judgment where you can let loose and vent. Once you get these thoughts down you may find yourself feeling much better and clear headed.

6 SILENCE IS GOLDEN

Take as many moments to sit in silence as you can throughout the day. This is a chance for you to breath and meditate. Free your mind and just listen to nothing. Not even your thoughts.

7 LAUGH

Laughing can release worries and doubts if even for a moment. Watch a comedy show on Netflix or watch silly 1 minute videos on instagram. Don't be afraid to laugh out loud!

8 GET REST

Get enough rest every night. At least 7-8 hours. Your mind, body, and spirit will feel replenished and ready to begin the day stress free.



Reddit Anxiety Relief Guide

Paula Miller



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