

B Tools for anxiety



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Deep breathing

- Take 10 deep breaths
- Box breathing
- · Follow your hand & breathe in and
- Diaphragmatic breathing

Helps calm the nerves system and can increase focus.

Mindfulness & Meditation

- 5-minute meditations.
- praying.
- visualization.
- · mindful welking

Helps focus on the present moment

Progressive Muscle Relaxation

- · Relax/tighten one muscle group at a time (toes --- race)
 - activate and hold the muscles for 5 suscionarile.
 - exhate & relax the muscles.
 - wait 10 seconds and repeat up the

Decreases anxiety during bedtime.

Exercise

- vvallking:
- Yoga
- Jump roping
- Bliking:
- Tai Ohi.

Reduces stress by releasing feel good hormones

Fidget Toys

- Fidget jewelry
- Regy chains
- stress ball
- Magnets
- Zen garden.

Serves as a distraction from anxiety & overstimulation.

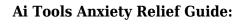
Reframing

- Acceptance & self-compassion
- · reframe anxiety as a strength versus a shortcoming
- Journal
- Therapy

Lets go of shame and guilt that may be causing you stress.

Ai Tools Anxiety Relief Guide

PT Brinkman



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