

# 50 STRATEGIES TO MANAGE YOUR ANXIETY



1. ENGAGE IN SOMETHING PLEASURABLE

2. ENGAGE IN SOME EXERCISE

3. LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

4. CHALLENGE YOUR THOUGHTS

5. JOURNAL YOUR WORRIES

6. WORK ON YOUR PROBLEM SOLVING SKILLS

7. TAKE A DEEP BREATHE AND COUNT BACKWARDS

8. PRACTICE SOME DEEP BREATHING

9. UNDERSTAND WHEN YOU START CATASTROPHIZING

10. PRACTICE SOME SELF CARE

11. TAKE A BREAK FROM TECHNOLOGY

12. ACCEPT THAT YOU HAVE ANXIETY

13. TALK TO SOMEONE ABOUT YOUR ANXIETY

14. FOCUS ON THE PRESENT MOMENT

15. LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

16. HAVE A BATH  
17. DOWNLOAD AN APP

18. WHY NOT TRY DOING SOME YOGA

19. JOIN AN EXERCISE GROUP

20. BUY A MINDFULNESS COLOURING BOOK

21. LEARN WHAT YOUR TRIGGERS ARE

22. LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

23. COUNT TO TEN SLOWLY

24. COME UP WITH AN ALTERNATIVE THOUGHT

25. BUILD A MENTAL HEALTH SUPPORT NETWORK

26. TRY TO KEEP THINGS IN PERSPECTIVE

27. FOCUS ON THINGS YOU CAN CONTROL

28. TAKE A BREAK

29. EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

30. MAKE SURE YOU ARE EATING A BALANCED DIET

31. TRY SINGING

32. LEARN SOME PROGRESSIVE MUSCLE RELAXATION

33. SET ASIDE SOME TIME TO WORRY

34. PRACTICE SOME MINDFULNESS

35. TRY ENGAGING IN RATIO BREATHING

36. LISTEN TO RELAXING MUSIC

37. MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

38. IDENTIFY THINKING ERRORS

39. ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

40. REDUCE YOUR STRESS LEVELS

41. MANAGE YOUR TIME EFFECTIVELY

42. PRACTICE IMAGERY TO REDUCE AROUSAL

43. DON'T BE AFRAID TO ASK FOR HELP

44. LOOK AFTER YOURSELF

45. DISTRACT YOURSELF

46. SLOW DOWN WHAT YOU ARE DOING

47. TEST OUT THE VALIDITY OF YOUR THOUGHTS

48. VISUALISE A SAFE PLACE

49. RECOGNISE THE SIGNS OF YOUR ANXIETY

50. CALL A FRIEND

# Anxiety Relief Tips

**JIMMY S**



## **Anxiety Relief Tips:**

## The Enigmatic Realm of **Anxiety Relief Tips**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Anxiety Relief Tips** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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