

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 Ideas Tutorial

Suresh Makvana, Ankit Patel



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discusses context factors including stress factors in intercultural relations and aspects of organization effectiveness A cross cultural experience from the perspective of a program manager is presented as well as a situational analysis and designing a translator based training program where alternative designs are forwarded for trainers to use effectively in multicultural and multilingual environments The second part presents different methods of training Learning from sojourners and from individuals from various cultures results in different frameworks for interpreting cross cultural interactions Consultants advisors and experts may find themselves performing outside and beyond their home ground and social groups so training programs pertaining to their particular situation need to be addressed more profoundly The training program in race relations by the U S Department of Defense is reviewed and the effects of stereotyping people are discussed and considered as other factors in the preparation of training programs English is then examined as a tool for intercultural communication where aspects of intercultural training should be integrated This book is suitable for overseas workers foreign students foreign technical advisers diplomats immigrants and many others who are going to live and work and be exposed to other cultures

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