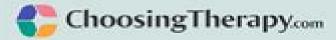
# Exercises for Anxiety Relief

- Visualization
- Progressive muscle relaxation
- 54321 Method
- Square breathing
- Five-count breath
- Alternate nostril breathing
- Mindfulness meditation
- Mindful walk

- Body scan
- Leaves on a stream
- Cognitive restructuring
- · Petting an animal
- Journaling
- Physical movement
- Change in body temperature
- Forest bathing
- Sound baths



# **Anxiety Relief Update**

**Rachel Sandford** 



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