



Tools for anxiety



Deep breathing

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

Helps calm the nerves system and can increase focus.

Exercise

- walking
- Yoga
- Jump roping
- Biking
- Tai Chi

Reduces stress by releasing feel good hormones

Mindfulness & Meditation

- 5-minute meditations
- praying
- visualization
- mindful walking

Helps focus on the present moment.

Fidget Toys

- Fidget jewelry
- key chains
- stress ball
- Magnets
- Zen garden

Serves as a distraction from anxiety & overstimulation.

Progressive Muscle Relaxation

- Relax/tighten one muscle group at a time (toes --> face)
 - activate and hold the muscles for 5 seconds
 - exhale & relax the muscles
 - wait 10 seconds and repeat up the body

Decreases anxiety during bedtime.

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

Michael Rajnik

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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