

Anxiety Relief: Tools & Strategies

- Individual & Group Therapy
- Physical Exercise
- Nutritional Balance: limit caffeine and alcohol intake
- Rest Well / Consistent Sleep Habits
- Yoga
- Mindfulness / Meditation
- Practice Diaphragmatic Breathing
- Learn about the physiological mechanics of anxiety
- Read Books & Articles related to anxiety relief
- Practice Imperfection & Gratitude
- Explore Spirituality (i.e. *whatever gives your life meaning*)
- Cultivate Humor & Laughter
- Create “down time” daily / Schedule time off / Unplug from technology
- Volunteer & Be of service to others
- Music: Listen, Play, Sing
- Assess Expectations
- Develop Nurturing Self-Talk (e.g. *I'll do the best I can for today*)
- Therapeutic Massage / Somatic Bodywork
- Pet Therapy
- Progressive Relaxation / Visualization / Guided Imagery
- Build Self-Awareness & Track Anxiety Triggers
- Practice Self-Acceptance & Self-Compassion
- Homeopathic / Ayurvedic / Naturopathic medicine / Psychopharmacology

The roots of anxiety often stem from depending on the undependable. When we think about someone dependable in our life, we find it soothing. Build on your contact and your trust with dependable people.

We create our own emotional states—the outside world does not. Therefore, we can change our internal emotional states.