

A GENTLE WALK THROUGH ANXIETY

Soothing tips to help you calm the crap down

Lavender scent



Essential oil rubbed on pressure points, added to a warm bath, in a diffuser, scented candles, lightly applied to pillow before bed.



Fresh air

Spend at least 15 minutes a day outside, preferably barefoot on grass or dirt.

Exercise

Don't wait until the anxiety spikes and then go try to walk it off. Get out in front of it with regular exercise. At least three times a week, 20 minutes at a time.



Drink water



No, even more than that. Keep a water bottle with you at all times. (Do NOT leave it in a hot car and reuse it.) Limit caffeine and alcohol.

Breathe

Yes, you can. Anxiety can cause shortness of breath, and fewer things make us more anxious than not being able to breathe. Try 4-7-8 breathing: Inhale for 4 seconds, hold your breath for 7 seconds, exhale 8 seconds. Repeat until your heart slows.

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Take a break

While attachment to our phones was once thought to be an addiction, it is now being classified as an anxiety disorder. The compulsion to check our phones constantly is now being seen as an avoidance technique. Avoiding boredom, loneliness, sadness, rather than using healthy coping mechanisms increases our anxiety.

Live in the present

Anxiety comes from preparing yourself for what MIGHT go wrong. Stay in the present and trust that you'll be able to handle whatever life throws at you. No rehearsing.



Laugh out loud

Create a list on youtube of funny videos and save them in the 'watch later' section. Cat videos, Bat Dad, prank phone calls, anything guaranteed to make you laugh. Laughter releases all the feel-good endorphins to naturally relieve anxiety.