

ANXIETY CALMING TECHNIQUES

There are many tools that can help with anxiety therapy, including:

- **Breathing techniques:** Controlled breathing can help reduce anxiety's physiological symptoms.
- **Progressive muscle relaxation:** This technique can help ease anxiety's bodily sensations by relaxing muscles.
- **Visualization:** Building a mental image of a happy, calm, safe place can help.
- **Distraction:** Refocusing on another activity can help distract the brain from anxious thoughts.
- **Thought challenging:** This involves identifying evidence for and against anxious thoughts.
- **Compassionate self-talk:** Self-criticism can contribute to anxiety, so compassionate self-talk can help. This is the time to use your mnemonic word or statement (a memory aid) to stop intrusive thoughts.
- **Worry time:** Setting aside each day a specific time for talking to God in prayer about your concerns.
- **Exercise:** Physical activity can be an effective way to reduce anxiety levels.
- **Sleep:** Anxiety can negatively impact sleep, and lack of sleep can increase anxiety.
- **Companion animals:** Being with a companion animal can help you feel connected and supported and can decrease the stress hormone cortisol.
- **Water therapy:** The crashing of water particles creates negative ions that can lift mood and decrease stress.