

The low-down
ANXIETY
EVERYTHING YOU NEED TO KNOW

TIPS TO CONTROL ANXIETY

- 1. LIMIT ALCOHOL AND CAFFEINE**
 (See additional anxiety and health articles)
- 2. TAKE A TIME TO RELAX**
 Practice yoga, listen to music or read a book
- 3. POSITIVE ATTITUDE**
 Replace negative thoughts with positive ones
- 4. GET ENOUGH SLEEP**
 Your body needs additional sleep and rest
- 5. EXERCISE DAILY**
 Help you to feel good and maintain your health
- 6. PROFESSIONAL HELP**
 Don't be worried to talk to a professional or therapist

How to Quiet Your Mind



- ✓ It's absolutely okay that
- ✓ Every interaction won't be a gold star interaction
- ✓ Every decision won't be a gold star decision
- ✓ Every break or vacation won't be a gold star break
- ✓ Every plan won't be a gold star plan
- ✓ Every response won't be a gold star response
- ✓ Every mistake won't be a gold star mistake

IMPROVE YOUR SELF TALK

INSTEAD OF	TRY THIS
1 I'm not smart enough to get through this class. I'm not smart enough and strong.	1 I'm smart enough to get through this class. Be smart and confident enough to get through this class. Be strong, confident and smart.
2 I'm not good enough to be a leader. I'm not good enough.	2 I'm good enough to be a leader. Be good enough to be a leader. Be confident and strong enough to be a leader.
3 I'm not good enough to be a leader. I'm not good enough.	3 I'm good enough to be a leader. Be good enough to be a leader. Be confident and strong enough to be a leader.

ANXIETY- DRIVEN BEHAVIORS

OVER-REACTING	UNDER-REACTING
Trying to control everything	Avoiding ever thing
People pleasing	Procrastinating
Excessive planning	Not fully committing
Thinking things negatively	Inviting help and advice
Using everything as an excuse	Making little to no effort



THINGS THAT MAKE ANXIETY WORSE






Caffeine

Not moving when

Missing sleep

Stressful day

HOW TO COPE WITH TRIGGERS

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graph LR
    A((Recognize signs of your triggers)) --> B((Anticipate & plan a coping strategy for))
  
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Anxiety Relief Instagram How To

EW Minium



Anxiety Relief Instagram How To:

Anxiety Relief Instagram How To Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Anxiety Relief Instagram How To**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Anxiety Relief Instagram How To

1. Understanding the eBook Anxiety Relief Instagram How To
 - The Rise of Digital Reading Anxiety Relief Instagram How To
 - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief Instagram How To
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anxiety Relief Instagram How To
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Instagram How To
 - Personalized Recommendations
 - Anxiety Relief Instagram How To User Reviews and Ratings
 - Anxiety Relief Instagram How To and Bestseller Lists

5. Accessing Anxiety Relief Instagram How To Free and Paid eBooks
 - Anxiety Relief Instagram How To Public Domain eBooks
 - Anxiety Relief Instagram How To eBook Subscription Services
 - Anxiety Relief Instagram How To Budget-Friendly Options
6. Navigating Anxiety Relief Instagram How To eBook Formats
 - ePub, PDF, MOBI, and More
 - Anxiety Relief Instagram How To Compatibility with Devices
 - Anxiety Relief Instagram How To Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anxiety Relief Instagram How To
 - Highlighting and Note-Taking Anxiety Relief Instagram How To
 - Interactive Elements Anxiety Relief Instagram How To
8. Staying Engaged with Anxiety Relief Instagram How To
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anxiety Relief Instagram How To
9. Balancing eBooks and Physical Books Anxiety Relief Instagram How To
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anxiety Relief Instagram How To
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Anxiety Relief Instagram How To
 - Setting Reading Goals Anxiety Relief Instagram How To
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief Instagram How To
 - Fact-Checking eBook Content of Anxiety Relief Instagram How To
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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