
ANXIETY

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BREATHE

Close your eyes, breathe in through your nose for 4 seconds. Hold it for 7 and exhale for 8 seconds. Repeat.

WRITE IT DOWN

Recognising how you feel is important in order to know how to treat that emotion. You can do this by writing down exactly how you feel. Get it out of your head and put it down on paper.

MINDFULNESS

Meditation and yoga is a great way to relax the mind. Put on some calming music and relax. Think about your happy place.

EXERCISE

If you are feeling anxious, try to get up and walk around. You don't have to leave the house for this but even walking to a different room can help to calm your mind.

DISTRACTION

Distract yourself by reading a book, take a shower, listen to music, call a friend, go for a walk.

REASSURANCE

- Tell yourself:
- I will get through this
 - I am breathing
 - I am going to calm down
 - I am going to be okay

Anxiety Relief Sight Words List Compare

Ying-Ying Zheng



Anxiety Relief Sight Words List Compare:

Whispering the Secrets of Language: An Psychological Quest through **Anxiety Relief Sight Words List Compare**

In a digitally-driven world where screens reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and mental nuances hidden within words often get unheard. However, located within the pages of **Anxiety Relief Sight Words List Compare** a captivating fictional treasure sporting with fresh emotions, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the psychological depths of the emotional evaluation, we will embark upon a heartfelt exploration of the book is primary subjects, dissect their captivating publishing type, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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