
ANXIETY

copying skills

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

Sight Words List Anxiety Relief Tips

Zhe Xu



Sight Words List Anxiety Relief Tips:

Whispering the Strategies of Language: An Psychological Journey through **Sight Words List Anxiety Relief Tips**

In a digitally-driven world wherever displays reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words usually go unheard. However, nestled within the pages of **Sight Words List Anxiety Relief Tips** a interesting fictional prize blinking with natural thoughts, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, this enchanting opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the emotional depths with this touching evaluation, we will embark upon a heartfelt exploration of the book is core subjects, dissect its charming publishing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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