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# ANXIETY

## *coping skills*

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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

# Sight Words List Anxiety Relief 2025

**Deborah Mitchell**



## **Sight Words List Anxiety Relief 2025:**

*Social Media Anxiety Relief Guide: Mindfulness Exercises and Journaling Techniques (Peace of Mind Manual)* Mateo Elias Reynolds, 2025-08-18 Trapped in the Endless Scroll Reclaim Your Life from Social Media Anxiety Do you open your phone for a two minute break only to look up an hour later feeling drained anxious and somehow less than Have the curated perfection and constant notifications of social media started to steal your real world joy You are not alone In a world designed to keep you hooked feeling overwhelmed is the new normal But you don t have to live this way It s time to stop scrolling and start living Introducing the Social Media Anxiety Relief Guide your essential hands on manual for silencing the digital noise and finding genuine peace of mind This isn t just another book that tells you to use your phone less This is an interactive workbook filled with proven practical exercises that empower you to fundamentally change your relationship with technology It is your step by step path to reclaiming your focus confidence and mental well being Inside this life changing guide you will discover Powerful Mindfulness Techniques to immediately calm an anxious mind ground you in the present moment and stop the compulsive need to check your phone Expertly Crafted Journaling Prompts that help you untangle your anxious thoughts identify your personal triggers and reframe the negative self talk fueled by comparison culture Actionable Strategies to Build a Healthier Digital Life including setting effective boundaries and creating intentional habits that serve you not the algorithm A Clear Look into the Psychology of Social Media so you can understand why it s so addictive giving you the power to consciously break free from its grip A Practical Roadmap to Reconnecting with Your Real World helping you rediscover the joy of offline hobbies relationships and experiences that truly nourish your soul Why Should You Buy This Book Today Because you deserve to live a life that is measured by your own happiness not by likes and shares This guide provides the tools you need to move from being a passive consumer of content to being an active creator of your own peace It helps you transform anxiety into self awareness and distraction into intention This guide is for anyone who has ever felt A spike of anxiety from a notification The pressure of FOMO Fear Of Missing Out Trapped in a cycle of mindless scrolling That their self worth is tied to their online presence Imagine waking up feeling refreshed and present not immediately reaching for your phone Imagine enjoying moments without the pressure to document them That reality is possible and this guide will show you how Don t let another day be controlled by an algorithm The peace of mind you re searching for is just one click away Scroll up and click the Buy Now button to begin your journey to a calmer more present life today **Writers' & Artists' Yearbook 2025** Bloomsbury Publishing, 2024-08-29 What is your best investment Buying a copy of the Writers Artists Yearbook Kimberley Chambers This bestselling Writers Artists Yearbook contains a wealth of information on all aspects of writing and becoming a published author plus a comprehensive directory of media contacts Packed with practical tips it includes expert advice from renowned authors and industry insiders on submitting to agents and publishers writing non fiction and fiction across different genres and formats poetry plays broadcast media and illustration marketing and self

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