

# 50 STRATEGIES TO MANAGE YOUR ANXIETY



1. ENGAGE IN SOMETHING PLEASURABLE

2. ENGAGE IN SOME EXERCISE

3. LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

4. CHALLENGE YOUR THOUGHTS

5. JOURNAL YOUR WORRIES

6. WORK ON YOUR PROBLEM SOLVING SKILLS

7. TAKE A DEEP BREATHE AND COUNT BACKWARDS

8. PRACTICE SOME DEEP BREATHING

9. UNDERSTAND WHEN YOU START CATASTROPHIZING

10. PRACTICE SOME SELF CARE

11. TAKE A BREAK FROM TECHNOLOGY

12. ACCEPT THAT YOU HAVE ANXIETY

13. TALK TO SOMEONE ABOUT YOUR ANXIETY

14. FOCUS ON THE PRESENT MOMENT

15. LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

16. HAVE A BATH

17. DOWNLOAD AN APP

18. WHY NOT TRY DOING SOME YOGA

19. JOIN AN EXERCISE GROUP

20. BUY A MINDFULNESS COLOURING BOOK

21. LEARN WHAT YOUR TRIGGERS ARE

22. LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

23. COUNT TO TEN SLOWLY

24. COME UP WITH AN ALTERNATIVE THOUGHT

25. BUILD A MENTAL HEALTH SUPPORT NETWORK

26. TRY TO KEEP THINGS IN PERSPECTIVE

27. FOCUS ON THINGS YOU CAN CONTROL

28. TAKE A BREAK

29. EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

30. MAKE SURE YOU ARE EATING A BALANCED DIET

31. TRY SINGING

32. LEARN SOME PROGRESSIVE MUSCLE RELAXATION

33. SET ASIDE SOME TIME TO WORRY

34. PRACTICE SOME MINDFULNESS

35. TRY ENGAGING IN RATIO BREATHING

36. LISTEN TO RELAXING MUSIC

37. IDENTIFY THINKING ERRORS

38. ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

39. REDUCE YOUR STRESS LEVELS

40. MANAGE YOUR TIME EFFECTIVELY

41. PRACTICE IMAGERY TO REDUCE AROUSAL

42. DON'T BE AFRAID TO ASK FOR HELP

43. LOOK AFTER YOURSELF

44. DISTRACT YOURSELF

45. SLOW DOWN WHAT YOU ARE DOING

46. TEST OUT THE VALIDITY OF YOUR THOUGHTS

47. VISUALISE A SAFE PLACE

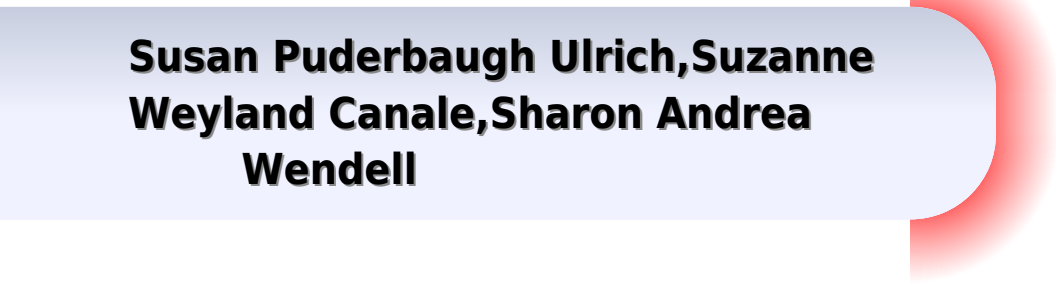
48. RECOGNISE THE SIGNS OF YOUR ANXIETY

49. CALL A FRIEND

50. MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

# Anxiety Relief Tips Customer Service

**Susan Puderbaugh Ulrich, Suzanne  
Weyland Canale, Sharon Andrea  
Wendell**



## **Anxiety Relief Tips Customer Service:**

Delve into the emotional tapestry woven by in **Anxiety Relief Tips Customer Service** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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