

HOW TO CALM ANXIETY QUICKLY: 7 TIPS



"TAKE FIVE" BREATHING

Hold up your hand, trace up and down each finger slowly while breathing in through your nose as you trace up, pausing briefly at the top, and breathing out through your mouth as you trace down.

STRETCHING EXERCISES

Stretch your arms, legs, and neck, holding each stretch for 15-30 seconds while focusing on your breath and noticing how your body feels.



REACH OUT TO A TRUSTED FRIEND

Contact a friend who can provide emotional support, encouragement, a listening ear to vent to, and a sense of connection.



A-Z CATEGORY GAME

Think of a category (e.g., countries or animals) then go through the alphabet and think of something in that category that begins with each letter as a distraction from anxiety.

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				



CHALLENGE ANXIOUS THOUGHTS

Recognize unhelpful thoughts, question their accuracy, adjust them with balanced, realistic perspectives, or visualize worst-case scenarios to gain perspective.

PROGRESSIVE MUSCLE RELAXATION

Tense and release different muscle groups progressively to release physical tension associated with anxiety. Start at the bottom of the body and work upwards.



ENGAGE YOUR SENSES

Name five things you can see around you, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste, as a grounding exercise.



Anxiety Relief Ipad Tips

Dale Brave



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Anxiety Hacks for an Uncertain World Jon Patrick Hatcher, Christopher Willard, 2022-12-27 Anxiety Hacks for an Uncertain World is a highly accessible guide to anxiety disorders. It helps anxiety sufferers regain control by suggesting an array of useful tactics which when applied can be life altering. Chapters explore key topics such as phobias, panic disorders, social anxiety, general anxiety, pandemics and more. Additional resources are included in the appendix such as support groups, services and helplines. Using light humor and examples from their lived experiences, the authors relate to readers and offer useful suggestions to overcome anxiety and understand it. This book will be essential for anyone suffering from anxiety and phobias or professionals working with this population. It can be used on its own or in conjunction with therapy. **iPad Pro: The 2020 Ultimate User Guide For all iPad Mini, iPad Air, iPad Pro and iOS 13 Owners The Simplified Manual for Kids and Adult (3rd Edition)** Dale Brave, 2019-12-14 This book is a perfect guide for all of model of iPad Tablets such as iPad 2, iPad 6th generation, iPad 7th generation, iPad 4th generation, iPad Air, iPad Air 2, iPad Pro 12.9 inch, iPad Pro 9.7 inch, iPad Pro 10.5 inch, iPad Pro 11 inch, iPad Air 3rd generation, iPad mini and many more model to be made with exclusive features. This book is regularly updated and it includes the basic setup wizard information and several other tips and tricks to maximize your iPad devices. In this book you will find Step by step instructions including how to fix common iPad Pro and other model problems in simple and clear terms. The information presented in this book is targeted at kids, teens, adolescents and adults who are probably a beginner or dummies, seniors or experts with the use of iPad tablets in a more easy to understand steps. This 3rd edition of The Simplified Manual for Kids and Adult by Dale Brave book is suitable for kids, teens, adolescents and adults. **iPhone Guide: Maximizing the Future of Cell Phone Technology** Brooke Jade, 2019-10-21 Over 70 million cell phone users in the world use the iPhone 7, iPhone 7 Plus, iPhone 8, iPhone 8 Plus, iPhone X, iPhone XR, iPhone XS, iPhone XS Max, iPhone 11 and iPhone 11 aren't just faster and more powerful than ever, they're also better at all of the things you use an iPhone DEVICE for. It helps you accomplish everything from web browsing to watching videos, shooting unique photographs, watching and streaming live TV for FREE, importing and exporting contacts, files, unlocking iPhones, fixing iPhone problems and lot more. You'll get up to speed on features now one talks about which are available on your iPhone devices. This easy to use book will also get you up to speed on all iOS 12 features including new Siri shortcuts, Group FaceTime and improved performance features and also makes the information simple enough for kids, adolescents and adult even if they are dummies, seniors and experts in the computer and technology world. **iPhone Guide: The Simplified Manual for Kids and Adult** Dale Brave, 2019-10-21 The Exclusively beautiful full color guide to making the most of your iPhone cell phone. Over 50 million people all over the world are iPhone users. Simply because iPhone cell phone is a hugely popular smartphone that offers many advances and convenient features including a camera like no other, Siri, turn by turn driving directions, a calendar and a lot more. But if you're just adopting one of the iPhone device such as iPhone 3G, iPhone

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