

THE BEST 20 MINUTE MORNING ROUTINE TO CALM stress and Anxiety



1. MEDITATE (3 MINUTES)

First, take a few deep breaths to practice mindfulness. You can do this while laying in bed! If you fall asleep easily, sit up comfortably. Take a deep inhale out and exhale as much as possible. This will help slow down restless thoughts before they start.

2. SELF-CHECK IN (1 MINUTE)

Next, ask yourself these questions: How am I feeling today? What do I need today? Many people suffer from stress and anxiety because they prioritize others before themselves. The practice of self-checking in will help you to meet your needs first.



3. SET INTENTIONS (1 MINUTE)

Before you go off stressing over the day, ask yourself how you want today to go. Set intentions, and keep this in mind as the day goes on. Maybe your intention is to feel calm, stay balanced throughout stressful situations, or to share positivity and joy with people you come across. Whatever it is, setting intentions will help you to stay grounded throughout the day.

4. RELAXING EXERCISE (15 MINUTES)

Studies have found that exercise reduces overall stress and anxiety levels (ADAA). Take 15 minutes to warm up your body, wake up your mind, and relax your nerves. Try a relaxing yoga routine or take a brisk walk outdoors.



START YOUR DAYS CALM & STRESS-FREE

It's easy to get swept away by stress and anxiety. When you prioritize self-care, you can start your days calm and balanced. Use this simple 20 minute morning routine to soothe your nerves.

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Anxiety Relief Morning Routine Tips

Shasha Hu



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The Anxiety Cure Robert L. DuPont,Elizabeth DuPont Spencer,Caroline M. DuPont,1998-07-13 This book offers an eight step practical program for fast and long lasting relief of anxiety symptoms **Practitioner's Guide to Treating Fear and Anxiety in Children and Adolescents** Andrew R. Eisen,Christopher A. Kearney,1995 To learn more about Rowman

Littlefield titles please visit us at www.rowmanlittlefield.com *Stress, Anxiety and Depression* Diana L. Ajjan, Natural Medicine Collective, 1995 *Practical Guide to DSM-IV Diagnosis & Treatment* Carol Joy Cole, 1998 **The Physician's Guide to Managing Emotional Problems** Arthur Harry Chapman, 1969 *The Older Adult Psychotherapy Treatment Planner* Deborah W. Frazer, Arthur E. Jongsma, Jr., 1999 Saves you hours of painstaking paperwork while providing optimum latitude in developing customized care and treatment plans for the unique needs of older patients Following the same format as the bestselling *The Complete Psychotherapy Treatment Planner* this invaluable sourcebook supplies all of the essential building blocks you need to create focused formal treatment plans that satisfy all of the demands of HMOs managed care companies third party payers and state and federal review agencies Organized around 27 main presenting problems from dementia and depression to the psychological impact of physical decline this book features Thousands of well crafted statements to choose from describing goals and treatment options for cognitive behavioral and mood disorders detailed in the minimum data set required by HCFA A sample plan that can be emulated in writing plans that meet all requirements of third party payers and accrediting agencies A presenting problem list that includes all relevant DSM IV categories A quick reference format that allows you to locate treatment plan components by behavioral problem or DSM IV diagnosis Large workbook style pages affording plenty of space to record your own customized goals objectives and interventions When Therapy Isn't Enough Samuel Menahem, 1995-09 The Complete Guide to Women's Health Bruce D. Shephard, Carroll A. Shephard, 1997 This comprehensive sourcebook for women of all ages goes beyond gynecological issues to cover the full spectrum of health concerns The single best reference on women s health problems The Washington Post 150 photos and drawings **Medication Guide for Patient Counseling** Dorothy L. Smith, 1981 Behavioral Medicine A Guide for Clinical Practice 4/E Mitchell D. Feldman, John F. Christensen, 2014-07-06 The 1 guide to behavioral issues in medicine Thorough practical discussion of the full scope of the physician patient relationship The goal of Behavioral Medicine is to help practitioners and students understand the interplay between psychological physical social and cultural issues of patients Within its pages you will find real world coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice You will learn how to deliver bad news how to conduct an effective patient interview how to care for patients at the end of life how to clinically manage common mental and behavioral issues in medical patients the principles of medical professionalism motivating behavior change and much more As the leading text on the subject this trusted classic delivers the most definitive practical overview of the behavioral clinical and social contexts of the physician patient relationship The book is case based to reinforce learning through real world examples focusing on issues that commonly arise in everyday medical practice and training One of the significant elements of Behavioral Medicine is the recognition that the wellbeing of physicians and other health professionals is critically important to caring for patients Enhanced by new and updated content throughout Behavioral Medicine provides insight and information not available

anywhere else for those who seek to provide comprehensive high quality care for patients And it does so in a way that acknowledges patients as people who have problems that often go far beyond the reach of traditional medical care

Behavioral Medicine: A Guide for Clinical Practice, Third Edition Mitchell Feldman, John Christensen, 2007-11-27 5
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