

# TIPS TO DEAL WITH ANXIETY & STRESS

Finding little ways to reduce your stress and anxiety throughout the day will make you happier and will leave you feeling more in control of your life.

## 1 TURN ON SOME TUNES

If you are feeling anxious, you might want to steer clear of heavy metal or loud rap music, because they can get your heart racing and add to the stress you are already experiencing.



## 2 SNUGGLE WITH YOUR SPOUSE

Physical touch can help release oxytocin as well as lower your blood pressure, heart rate and leave you feeling relaxed. Intimacy is a great way to feel relief from anxiety.



## 3 GO TO A YOGA CLASS

Yoga is a great way to relax your mind and body by helping you become aware of your breathing and your body. Yoga helps your hormones, anxiety, heart rate, and overall mood.



## 4 BE IN CONTROL OF YOUR LIFE

Be in control of your life, cut back where you need to, and don't be afraid to tell people when it becomes too much for you to handle.



## 5 LAUGHTER IS THE BEST MEDICINE

Anxiety is not present when you are filled with laughter. When you are laughing, oxygen can better travel to your lungs and other organs which will, in turn, help relieve anxiety.



## 6 BE WITH THOSE YOU LOVE

Surrounding yourself with loved ones will help provide you with a support system and a group of people who can help you through the tough times.



## 7 CUT BACK ON CAFFEINE

When you drink a lot of caffeine, your heart rate is increased. The less you consume on a daily basis, the better off your anxiety (and overall health) will be.



## 8 KEEP A JOURNAL

Some people find the greatest anxiety relief when they take the time to write down what it is that is stressing them out. In your journal, you can also list all of the positive things in your life and you will feel better in no time!



# Anxiety Relief Uber Deal

**Ian Pickup**



## Anxiety Relief Uber Deal:

*Tools of Titans* Timothy Ferriss, 2016-12-06 1 New York Times Bestseller The latest groundbreaking tome from Tim Ferriss the best selling author of *The 4 Hour Workweek* From the author For the last two years I've interviewed nearly two hundred world class performers for my podcast *The Tim Ferriss Show* The guests range from super celebs Jamie Foxx Arnold Schwarzenegger etc and athletes icons of powerlifting gymnastics surfing etc to legendary Special Operations commanders and black market biochemists For most of my guests it's the first time they've agreed to a two to three hour interview and the show is on the cusp of passing 100 million downloads This book contains the distilled tools tactics and inside baseball you won't find anywhere else It also includes new tips from past guests and life lessons from new guests you haven't met What makes the show different is a relentless focus on actionable details This is reflected in the questions For example What do these people do in the first sixty minutes of each morning What do their workout routines look like and why What books have they gifted most to other people What are the biggest wastes of time for novices in their field What supplements do they take on a daily basis I don't view myself as an interviewer I view myself as an experimenter If I can't test something and replicate results in the messy reality of everyday life I'm not interested Everything within these pages has been vetted explored and applied to my own life in some fashion I've used dozens of the tactics and philosophies in high stakes negotiations high risk environments or large business dealings The lessons have made me millions of dollars and saved me years of wasted effort and frustration I created this book my ultimate notebook of high leverage tools for myself It's changed my life and I hope the same for you

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