

ASHLEY MARIA  
Productions

# PRACTICAL SOLUTIONS TO HELP MANAGE ANXIETY



## GET CENTERED

Explore a variety of practical strategies to find the anxiety management techniques that work best for you.

- **Be physically active:** Exercise is a powerful stress reducer.
- **Avoid alcohol and recreational drugs:** Stimulants and substances can cause or worsen anxiety.
- **Quit smoking and cut back or quit drinking caffeinated beverages:** Nicotine and caffeine can worsen anxiety symptoms.
- **Create good sleeping habits:** Limit blue-light exposure, and use of devices.
- **Make healthy food choices:** Swap out a snack, add an extra daily serving of protein and vegetables.
- **Learn more about the effects and impact of anxiety:** Involve your family and friends, and ask for their support.
- **Identify triggers:** Learn what situations or actions cause you stress or increase your anxiety.
- **Stay Consistent:** Take any prescribed medications as directed.

**There's no one-size-fits-all solution for managing anxiety, but a range of methods can lessen its symptoms and intensity. Below are several techniques, and through trial and practice, you'll find the ones that fit you best.**

### GROUNDING

- Pay attention to sensory experiences: observe what you see, hear, smell, and feel around you.
- Use a sensory object, such as a stress ball.
- Practice progressive muscle relaxation: tense and relax major muscle groups, from top to bottom or vice versa.

### BREATHING

- Deep breathing: Try deep inhales and exhales to find what feels best for you.
- Breath holding: Inhale, hold for a count, exhale, and repeat.
- Breath focus: Notice how your body feels during inhaling and exhaling, and use a focus word during your breaths.

### RESETTING

- Apply ice-cold water to your face, neck, or wrists.
- Take a cool shower to stimulate the vagus nerve and potentially slow down your heart rate.
- Bite into something sour, which can also stimulate the vagus nerve.

### DISTRACTION

- Count forwards or backwards
- Engage in challenging puzzles like sudoku, crosswords or mind games.
- Recite a poem.
- Leave the current situation that may be causing the anxiety.
- Listen to music.

**POWER-UP  
YOUR  
EMOTIONAL  
HEALTH**



The Healthy Habits of Emotional Wellbeing by Give an Hour offer examples of taking control of your emotional health to effectively manage mental wellbeing, including anxiety.