Techniques to *help* with Anxiety

Our first *tip* to help ease your anxiety is... well, **TIPP!**

Tip the Temperature

Adjust your body temperature! For 30 seconds dip or splash your face in cold water, alternatively hold an ice cube on the back of your neck.

Intense exercise

Intense emotions can be managed with intense exercise. Start running, brisk walking, jumping, lifting weights, or any activity to get moving. The goal is get your heart rate up.

Paced Breathing

The goal is to return your breathing to normal. To slow your pace, focus on inhaling and exhaling, try box breathing. We'll learn more about this technique on the next page.

Progressive muscle relaxtion

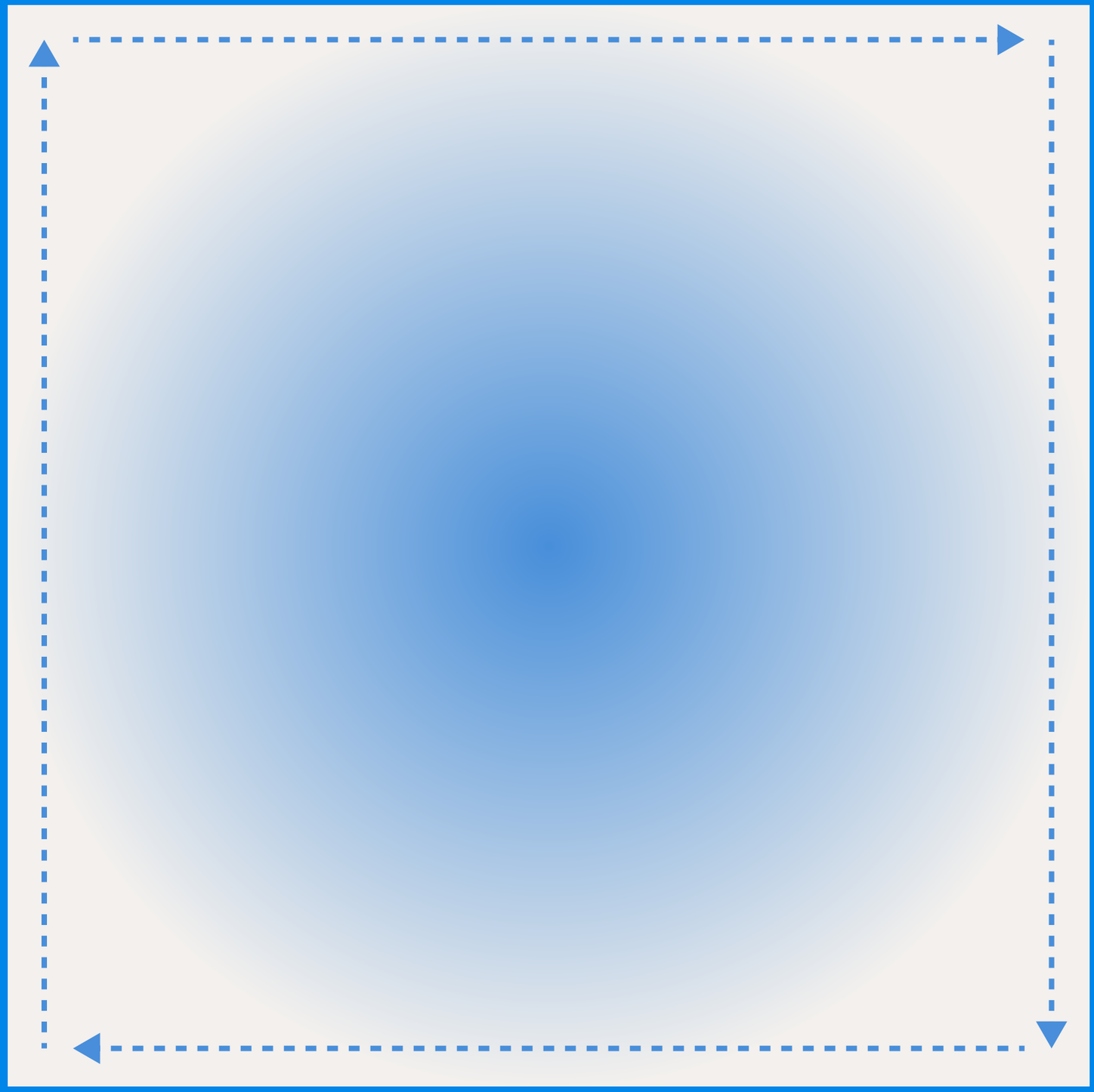
Target one muscle group at a time, contract it tightly for 5 seconds, then release to relax. Repeat this process with as many muscle groups as possible.

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Box Breathing

Breathe in for 4 seconds

Hold for 4 seconds



Hold for 4 seconds

Breathe out for 4 seconds

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Controlling your breathing during a panic attack is important for many reasons:

Regulates our nervous system

Parasympathetic Activation: Deep, slow breathing activates the parasympathetic nervous system, which promotes a state of calm and relaxation. This counteracts the "fight or flight" response triggered by anxiety.

Reduces physical symptoms

Decreases Heart Rate: Controlled breathing helps to lower an elevated heart rate, a common physical symptom of anxiety.

Stabilizes carbon dioxide levels

Prevents Hyperventilation: When anxious, people often hyperventilate (breathe rapidly and shallowly), which can lead to an imbalance of oxygen and carbon dioxide in the blood. Controlled breathing helps maintain the proper balance of these gases.

Focuses the mind

Mindfulness and Grounding: Focusing on your breath can act as a form of mindfulness, helping to ground you in the present moment and divert attention from anxious thoughts.

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While we are on the topic of mindfulness, let's talk

Grounding

When feeling *overwhelmed*, grounding is a beneficial technique to **calm** your senses and get you to focus on the present moment. Here's one technique to help.

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5..4..3..2..1
Technique

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5 things you *see*

4 things you can *touch*

3 things you can *hear*

2 things you can *smell*

1 thing you can *taste*

Still struggling with *anxiety?*

We ***understand*** what it's like to go through day-to-day life with anxiety and want to help you ***break free***.

Don't hesitate to reach out to us at

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