



## 8 Tried & True Anxiety Busters

Words of Wellness | Haley J. Snyder | haley@snyder.com

### #1 Breathe Into Your Belly

It presses on the vagus nerve and tells your brain that you are safe.

### #2 Notice What You Can Feel

Noticing what your skin feels helps to ground you in the present.

### #3 Hold an Ice Cube

Extreme changes in temp will bring the brain back to present.

### #4 Temporarily Leave the Situation

Taking a break to regroup can help you get grounded.

### #5 Listen To Music

Music has been proven to affect heart rate and mood. Aim for 60-80 bpm.

### #6 Take a Bath or Hot Shower

Self-care can help you reset your mindset.

### #7 Exercise

Exercise will increase serotonin, release pent up energy, and release endorphins.

### #8 Talk to a Friend

Friends can often give us the encouragement and perspective needed. Withdrawing into your own head can have the opposite effect on your wellbeing.

## ANXIETY PODCASTS:

- ANXIETY SLAYER
- THE CALMER YOU
- ANXIETY GUY
- THE HILARIOUS WORLD OF DEPRESSION
- THE ANXIETY COACHES
- NOT ANOTHER ANXIETY SHOW
- THE ONE YOU FEED



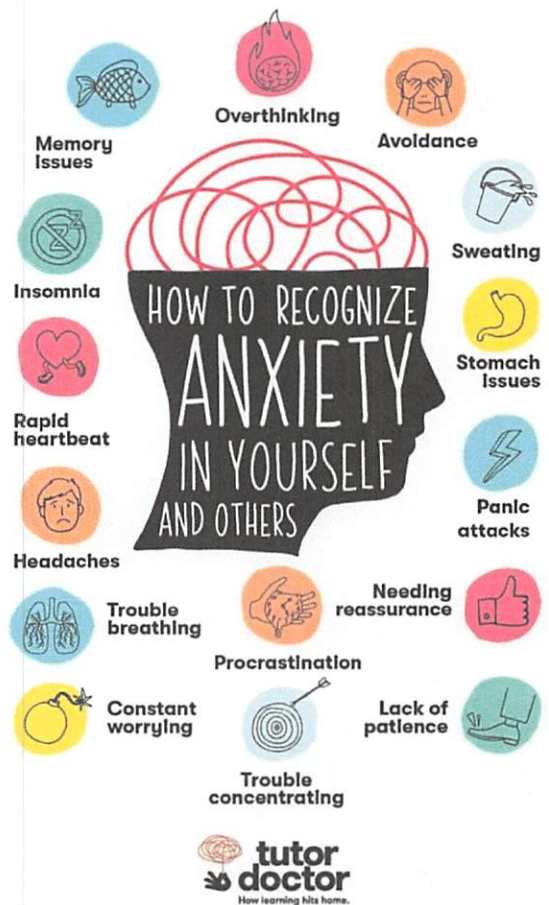
## TED TALKS ON ANXIETY

- YOU ARE YOUR GREATEST ALLY, JESSICA AMOS
- ESCAPE THE CUSTARD! NEIL HUGHES
- LIVING WITH HIGH FUNCTIONING ANXIETY, JORDAN RASKOPOULOS
- ALL IT TAKES IS 10 MINDFUL MINUTES, ANDY PUDDICOMBE

### ADAA Reviewed MENTAL HEALTH APPS

- Anxiety Reliever \* AnxietyCoach
- Breathe2Relax \* MoodTools
- Mindshift \* Pacifica
- Panic Relief \* T2 Mood Tracker

# HELPFUL TIPS TO EASE ANXIETY



## Break big projects into small tasks.

Worry and anxiety can find their way into the workplace or at school, showing up in the form of procrastination, says Keith Humphreys, professor of psychiatry at Stanford University. Humphreys suggests breaking down overwhelming projects into the smallest possible task.

## Direct your body into a state of calm

Your body already has a built-in stress reliever, it's just a matter of tapping into it. Focus on your breathing, put your feet on the floor. Smile even if you don't feel like smiling. Tense your muscles then let them go, then tense them again and repeat. Relax your body and you will find your emotions will follow.

## Take a "One-Minute Vacation"

When you have the opportunity, take a moment to close your eyes and imagine a place where you feel relaxed and comfortable. Notice all the details of this place, including pleasant sounds, smells, and temperature. Imagining a quiet scene can take you out of the turmoil of a stressful situation. If you find yourself having difficulty imagining a scene on your own, try listening to a guided imagery exercise.



## Get Your Lavender On!

Lavender oil has many healing properties and can be used as a natural remedy to reduce anxiety and other nervous conditions.

Add essential lavender oil to your bath water

Fall asleep quicker when you add a few drops to a tissue and place under your pillow

Use lavender in an oil diffuser to help with insomnia. The sweet woody smell of the lavender oil helps you to fall asleep.

For headaches, apply lavender oil to a cotton ball or your fingertips and massage slowly into your temples. The smell will relax you as the oil eases your headache.

Make sure you use pure, quality essential oils for your health and safety.

Source: *Psychology Today*

## Go Green!

Diet affects anxiety. A morning glass of green juice can get you on the right side of calm.

For a different and delicious way to get your daily vegetables try this recipe: Combine one banana or green apple, a bunch of kale, sliced ginger, one lime, cucumber slices, a few ice cubes, and a cup of water to a blender or juicer. For added protein, add an egg, yogurt, nuts, or protein powder.



## Wake up 15 Minutes Early

Like most anxious people, you're probably rushing around in the morning throwing clothes around and yelling at everyone in your wake, "Hurry up! I'm going to be late!"

Go slowly, and set yourself up for a relaxed day ahead. If you start to worry about the To-Do list, take a deep breath and think, There is enough time.

Source: *Psychology Today*

## Twenty Minute Calming Technique

**1. Stay in the fray** of your frazzled feeling state (3 minutes). While the tendency may be to "get calm," your worries alert you about something which needs to change. Think of this as a mini-meditation for increasing self-awareness.

**2. Sit in silence**, close your eyes and pay attention to your body (2 minutes). Where do you feel stress? Is it your stomach, your head, your chest area? Where do you hold tension? Make a conscious effort to breathe into those areas of stress and replace the heaviness with relaxation.

**3. Settle on one small action** you can do which will bring you one step closer to solving your problem (10 minutes). Anxiety loves avoidance, so beat it at its own game and start acting. Set a timer for 10 minutes and completely immerse yourself in this step. Clear all distractions and focus on your goal (if you're stuck, start with what you've been avoiding and what specifically bothers you about uncertainty: Is this an uncomfortable conversation with your roommate? Is it starting your essay? A stagnant relationship? The time between text messages to a love interest? Needing to know the results of the lab test? The security of a good job upon graduation?).

**4. Write down one task** you will complete tomorrow to stay on the action track (5 minutes). Get specific and hold yourself accountable.

**Repeat this process daily** so you develop a nice habit. Challenges can be all-consuming or all-empowering. The goal is not necessarily to be calm, but to handle daily stress better and to find the right side of 'in control' quicker.

Source: *Psychology Today* (A version of this article originally appeared on [wiredforhappy.com](http://wiredforhappy.com)).

## Go to Bed Early

Sleep deprivation is a huge anxiety culprit. Inadequate shut-eye can amplify the brain's anticipatory reactions, upping overall anxiety levels, according to research. Don't burn the midnight oil in hopes of catching up on the weekends. Unused sleep minutes don't roll over.

## SELF-CHECK

Am I...

- ...eating, sleeping, and exercising sufficiently?
- ...taking time out to relax and have fun every day?
- ...planning and using time management techniques?
- ...regularly accessing my goals?
- ...spending quality time with friends and family?