#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 Angs
- 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
- Anxiety Coach
- Breathe2Relax
- MoodTools
- Mindshift
- Pacifica
- Panic Relief
- T2 Mood Tracker

Helpful Tips to Ease Anxiety

HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS

Memory Issues
Overthinking
Avoidance
Sweating
Inflammation
Stomach Issues
Rapid Heartbeat
Headaches
 Trouble Breathing
Constant Worrying
Procrastination
Lack of Patience
Trouble Concentrating

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.

Source: Psychology Today (A version of this article originally appeared on 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?