

Anxiety Relief Guide



- **1. Deep Breathing**
Inhale deeply through your nose so your belly expands, then exhale slowly. Long, slow breaths send a calming signal to your body and help ease anxious thoughts.
- **2. Release Physical Tension**
Unclench your body with light stretches. Roll your shoulders, relax your jaw, and gently move your neck. Releasing tension helps your mind follow.

- **3. Name the Feeling**

Quietly say what you're feeling: "I feel nervous" or "I'm worried about..." Naming it brings awareness and reduces its grip on you.

- **4. Visualize a Safe Place**

Close your eyes and imagine a peaceful spot—like a beach or garden. Use your senses to picture it clearly. This mental escape soothes the mind.

- **5. Take a Music Break**

Play calming music or a song you love. Let the rhythm distract and shift your focus away from anxious thoughts.