

5 ANXIETY BUSTING EXERCISES YOU NEED IN YOUR LIFE

**Stop anxiety getting
in the way of life
with these 6 simple
coping strategies**

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5 Anxiety Busting Exercises

You Need To Know

INTRODUCTION

These calming strategies are called grounding exercises. You can use them to calm your mind when you're having an anxiety or panic attack.

When you feel overwhelmed, connecting your mind and body with your senses, helps you ground you in the here and now.

They're designed to focus your mind on 'here and now', to ground yourself when it all gets too much.

You need to explore a few to find which ones suit you and will be effective in different situations.

Why I'm Writing This For You

I've dealt with overthinking, overwhelm and high anxiety levels since I became a mother, suffering with panic attacks for the first time after my second son was born.

More recently the impact of living with chronic illnesses has caused my anxiety levels to increase, affecting my family.

So I developed coping strategies such as grounding exercises, to take back some control when I feel overwhelmed.

*Disclaimer this guide contains affiliate links and any purchases made through such links will result in a small reward for me and my crafting habits. Oh and there's some free recommendations too, I'm nice like that.

LET'S GET STARTED

How To Use These Exercises

In this quick guide I'm sharing my top 5 techniques and giving you easy tips to help you learn them off by heart,

The activities for learning the techniques are optional but choosing to do them when you're calm will help you prepare.

Each option helps your brain retain and retrieve the information more easily when you're experiencing fear or anxiety.

I've recommend some products that will help you in these activities or as resources for learning more about grounding exercises.

I hope you find these as helpful as I have. If you have any questions please email me at strengthoftears@gmail.com

My Notes...

When do I feel most overwhelmed?

#1 Five senses - 5 4 3 2 1

Prepare when you're feeling calm:

- Find 5 objects for each sense, 1 item for each of the senses or 5 items for 1 sense only.
- Choose one of these sense collections and put the items on a tray. Cover the tray with a towel and ask someone to remove one of the items when you're not looking. Can you name what item is missing? Repeat with other items.
- Look around the room and write the names of 5 things you see, touch, hear, smell and taste on a piece of paper.
- Now draw or paint the names of the things you see, touch, hear, smell and taste. I use: [Derwent: Art Supplies Set of Pencils](#)

The Exercise

Five senses Exercise - 5 4 3 2 1

Close your eyes and relax.
Take 2 deep breaths and open your eyes

Name out loud:

- 5 things you can see ✕
- 4 things you can touch 🖐️
- 3 things you can hear ✕
- 2 things you can smell ✕
- 1 thing you can taste ✕

Take 2 deep breaths

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#2 Feet Focus – Kick Your Shoes Off

Prepare when you're feeling calm:

Version 1

- Walk around your home barefoot. Think about the different textures you feel in each room.
- Walk outside in bare feet, in your garden or path - as long as it's safe. Please avoid anywhere that may have broken glass.
- Try using barefoot shoes to be conscious of your feet. I recommend these [VIVOBAREFOOT Women's Shoes](#)

The Exercise



Feet Focus - Version 1

Kick your shoes off
In bare feet, close your eyes and take a deep breath in and slowly exhale

- **Open your eyes and draw around your feet with your eyes** ××
- **Press your feet down into the floor and feel the texture of whatever you're standing on. Is it soft like carpet, hard like wood or cold like slate?** ×
- **Stamp your feet and listen to the sound it makes** ×
- **Wiggle your toes to release any tension** ××

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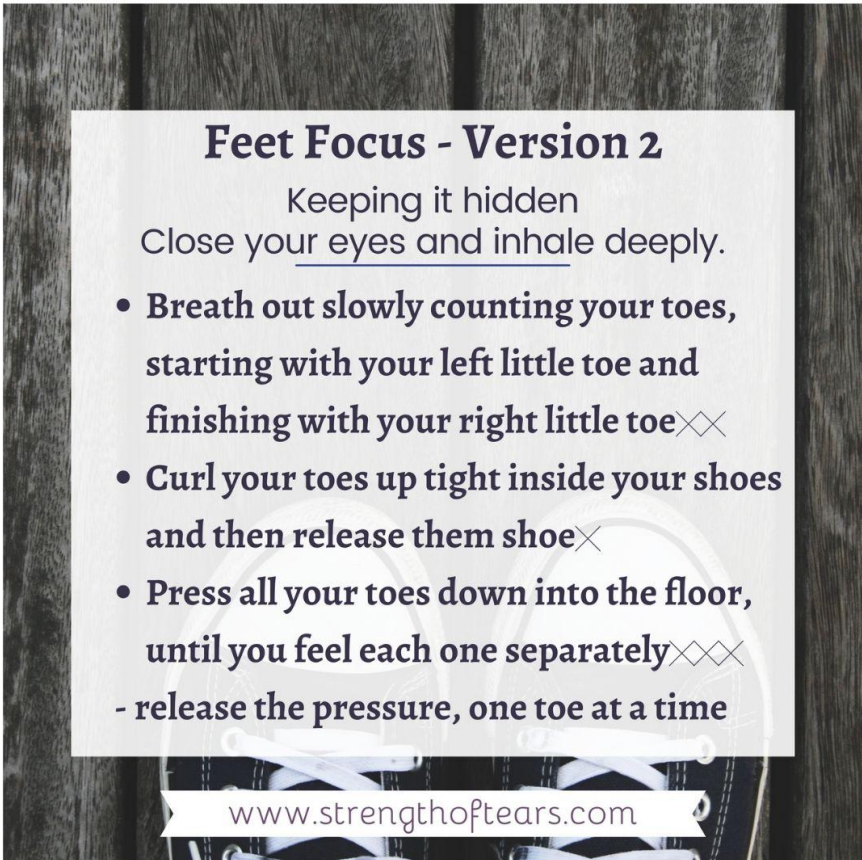
#3 Feet Focus – Keeping it hidden

Prepare when you're feeling calm:

Version 2

- Walk around your home barefoot. Think about the different textures you feel in each room.
- Walk outside in bare feet, in your garden or path - as long as it's safe. Please avoid anywhere that may have broken glass.
- Give yourself a foot treatment so that they feel amazing, like you're walking on air. I use [Neal's Yard Pumice Foot Scrub](#)

The Exercise



Feet Focus - Version 2

Keeping it hidden
Close your eyes and inhale deeply.

- **Breath out slowly counting your toes, starting with your left little toe and finishing with your right little toe**XX
- **Curl your toes up tight inside your shoes and then release them shoe**X
- **Press all your toes down into the floor, until you feel each one separately**XXX
- **release the pressure, one toe at a time**

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#4 Something In Your Pocket

Prepare when you're feeling calm:

- Choose something small that you can take everywhere you go, in your pocket. Or keep something on your bedside table if you have interrupted sleep. e.g. bead strings, shells, small toys, a piece of fabric or these [Healing Crystals for Grounding Set](#)
- Spend some time holding your object. How does it make you feel? If it doesn't feel right for you, choose something else and try again.
- When you've decided - draw or paint your item. Describe everything your object makes you think of.
- Label your drawing with these words or write them on a separate piece of paper

The Exercise

Something In Your Pocket

Close your eyes. Breathe in and out slowly

- **Hold your item in your hand with eyes closed. Describe the texture in your mind like you've never felt it before** ✕
- **Take it out of your pocket - open your eyes. What do the colours remind you of?** ✕
- **Trace the lines of the outside edges of your object with your finger** 🖐
- **With your eyes closed, hold it in both hands and shake it. What do you hear?** ✕✕

Breathe in deeply as you put the item in your pocket, then exhale to the count of 5.

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#5 Sip It Away

Prepare when you're feeling calm:

- What's your favourite hot drink? e.g. tea, coffee, herbal tea?
- If you like a range of drinks then think about which would make you feel calm. Try a range of different makes of your favourite drink.
- When you try them say or write down all the different things you can taste and smell.
- Choose your favourite make and buy a version you can keep on you, such as a sachet or a tea bag. I love [Pukka Womankind Tea x 20 bags](#)
- Have you got a favourite or interesting mug? I'd keep one like this at home - [Oxfam Online's BEE FREE MUG](#)

The Exercise



Sip It Away

Make yourself a hot drink

- Hold the mug and feel the warmth move through your fingers and hands ☕
- Look at your mug and describe it's shape, design and colours in your mind, using the best words you can ✕
- When it's cool, close your eyes. Inhale the scent, describing this to yourself. Is it fruity, sweet, bitter, nutty? ✕
- Sip it slowly, taking your time to taste each mouthful. Describe the taste e.g. flowery, caramel, delicate, sour ✕

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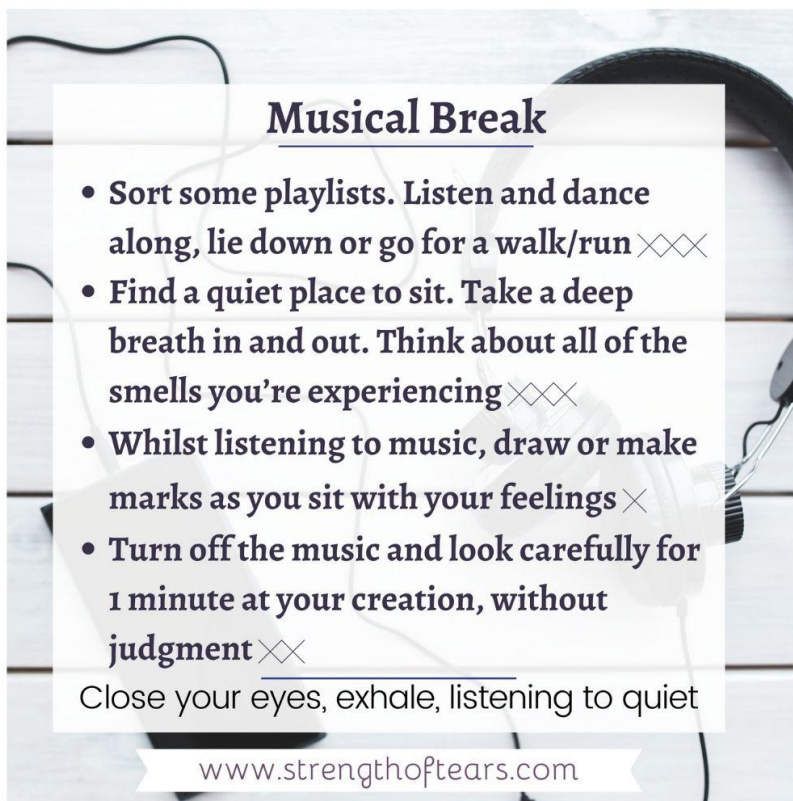
#6 Musical Break

Prepare when you're feeling calm:

- Make 1 or a few playlists you access on your phone for different feelings, such as happy, calm, angry or sad. The songs you choose are how you want to feel when you can't sleep or after getting angry, rather than songs that depict anger.
- Listen to your playlist and write down how you feel before and after. I use [Mpow H17 Noise Cancelling Headphones](#)
- Do you think all the songs you've chosen work or do some bring up difficult thoughts? Change them if they're not working for you.

When you feel out of control, it's sometimes hard to concentrate on using a calming technique. This can help you shake off extra energy if needed, so you're ready to use a grounding exercise.

The Exercise



Musical Break

- Sort some playlists. Listen and dance along, lie down or go for a walk/run XXX
- Find a quiet place to sit. Take a deep breath in and out. Think about all of the smells you're experiencing XXX
- Whilst listening to music, draw or make marks as you sit with your feelings X
- Turn off the music and look carefully for 1 minute at your creation, without judgment XX

Close your eyes, exhale, listening to quiet

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