



Flourish Community
Solutions

13 Ways to Tame Anxiety



Flourish Community
Solutions



NDIS

By Flourish

13 Ways to Tame Anxiety

Anxiety is a common affliction, and that's not surprising. **The modern world is much more demanding and complex than our brains were designed to handle.** Pain is a symptom of a broken body. Anxiety is a symptom of a troubled mind.

Consider all you ask your mind to do.... You want everyone to like you. You don't ever want to be embarrassed. You want everyone to like everything you say and do. You don't want anyone to hurt you in any way. You don't want anything to happen that you don't like. Sound familiar?

That's a lot to ask of your mind. No wonder you feel anxious.

Reduce the intensity of your anxiety with these strategies:

1. **Go for a run.** Actually, it doesn't have to be a run. It could be a yoga class, tennis match, long walk, or some good old-fashioned calisthenics. Exercise is an effective way to burn off that extra stress.
2. **Declutter your life.** Clutter adds to anxiety. Tidy up your environment and notice how much better you feel. Start with the rooms and areas in which you spend the most time. Include your personal space at work, too.
3. **Declutter your brain.** Take care of the things that are on your mind. Procrastination creates mental clutter and stress. Trying to remember things is challenging for your brain too. **Make lists and use a calendar and alarms to ease the load on your poor brain.**
4. **Spend time with your pet.** Pets are great for reducing anxiety. Play on the floor with your cat. Take the dog for a walk. Sit and watch your fish.



Flourish Community
Solutions



NDIS

By Flourish

5. **Think about something positive.** You're only anxious because you're thinking about something that makes you anxious. Give yourself a break and think about something else for a while. That's a lot easier said than done so try a mindfulness or meditation exercise – YouTube has so many to choose from to suit your need and how much time you can give – anywhere from 5mins to an hour! This link will take you to a meditation to 'calm an overactive mind'
https://www.youtube.com/watch?v=wi2Q_7C1OfM
6. **Change your diet.** Did you know that your diet can have a negative impact on your stress levels? Play around with your food choices and find out what works for you. A good way to do this is by keeping a food diary – keep track of the foods you are eating but also, the different feelings and moods you experience to see if you notice any patterns!
7. **Give yourself something to look forward to.** It can be a great relief to have something positive to look forward to. **No matter how stressed you are about work, knowing that you're heading out of town for a couple of days next weekend can take the edge off.** Maybe it's a catch up with a friend or getting tickets to the next flick you'd like to see at the movies!
8. **Distract yourself.** This is what bad habits are, distractions. However, not all distractions are bad habits. Read a good book. Re-watch your favorite movie. Try a new restaurant or pick up a new or old hobby!
9. **Find a solution.** Maybe you can solve the issue that's creating your anxiety. If there's something you can do to resolve the situation, get busy and do it! Break it down into small, manageable steps – and don't be afraid to celebrate those small wins, they are important and matter in working towards your end goal!
10. **Take slow, deep breaths.** Your breathing naturally becomes shallow and faster when you're stressed. **You can counteract a lot of the physical symptoms of anxiety by just slowing down your breaths and increasing the depth.** Count them out... In for 5, hold for 5, out for 5



Flourish Community
Solutions



11. Play the name five things game. Bring your mind back to the present. Look around your environment and name five things you see. Now, name five things you feel. For example, “I feel the pencil in my hand. It feels smooth and warm.”

- Try to name five things you see
- Try to name five things you hear
- Try to name five things you smell
- Try to name five things you can touch/feel

12. Dance. Or sing. Or jump around. Do something you don’t normally do. Anything out of the ordinary can break your pattern and relieve some of your anxiety.

13. Get help. If nothing seems to work, seek professional help – and remember, it can take a few visits to find the right therapist/counselor for you so don’t feel dismayed if you don’t find the right fit straight away. Look them up and google the style of intervention they practice in – you might find something of interest that stands out for you.

Give your mind and body a break by minimizing your anxiety. **Avoid the belief that you just have to suffer with the discomfort of anxiety.** Do everything you can to find relief without making your challenges worse. If you’re unable to find a suitable solution, get help from a professional.

#KeepFlourishing



Flourish Community
Solutions