

10 Quick Ways to Reduce Anxiety and Stress

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50% of Adults Experience Daily Anxiety and Stress*

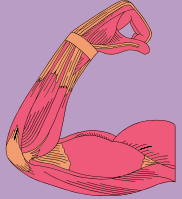
1. 54321 Grounding Technique



- Name 5 Things You Can See
- Touch/Feel 4 Things
- Listen to 3 Sounds
- Smell 2 Things (or imagine what you'd like to smell)
- Taste 1 Thing (or imagine what you'd like to taste)

2. Progressive Muscle Relaxation Tense and Release

- Start at your toes and work your way up through all body parts.
- Inhale through the nose and tense your muscles for 5 seconds.
- Exhale through the mouth as you release for 5 seconds.

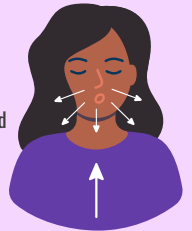


3. Vagus Nerve Stimulation

Apply an ice pack to the back of your neck. Singing or humming can work too!

4. Deep Breathing

Inhale deeply through your nose while inflating your stomach, hold it, then exhale slowly (double the time it takes you to inhale) through your mouth while deflating your stomach. For example, inhale for 2 seconds, hold for 2 seconds and exhale for 4 seconds.



5. Cold Touch

Squeeze a frozen orange or ice pack for <2 minutes.

6. Self Soothe

Set aside time (5+ minutes a day) to do something you enjoy to rejuvenate your mind and body.



7. Relaxation Apps

Leverage calming apps and health trackers via your mobile phone. Leverage apps like Calm, Aura, or Headspace.

8. Consistent Sleep Routine

- Get 7-9 hours of sleep a night
- Avoid screens 1 hour before sleep
- Practice relaxation activities



9. Health and Nutrition

- Limit or avoid foods/beverages that spike anxiety.
- Endorphins released during exercise are a natural pain killer, mood elevator and excellent at reducing anxiety.
- Consistent daily activity is key – plan it!
- Find something you love.

10. Boundaries

Don't overcommit and spread yourself too thin. Saying no to someone is saying yes to yourself. Nice ways to say no:

- "I appreciate you asking, but I cannot commit to this right now"
- "I want to help you, but I can only offer (insert realistic time/effort) at this time"



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