



CSG

Psychotherapy and Consulting Services

SIMPLE TIPS FOR DEALING WITH ANXIETY

- ❖ Research has shown that negative feelings can intensify when we are looking down. Lift your eyes- look up.

- ❖ BREATHE – slowly and calmly breathe to 4 counts in and 8 counts out.

- ❖ Raised shoulders and tension go together. Relax and lower your shoulders and neck muscles.

- ❖ Slow your thinking down. Pick a one word soother such as “calm” or “relax”.

- ❖ Lower, soften and slow down your voice. This can be calming to others as well as yourself.

- ❖ Relax your face. Smooth out your forehead and turn up the corners of your mouth.

- ❖ Avoid caffeine.