

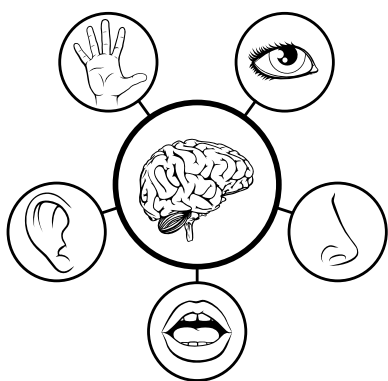
# 5 ANXIETY-BUSTERS



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## 1 TRY GROUNDING

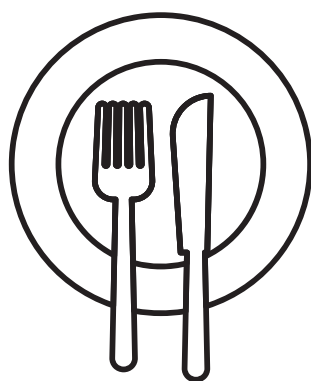
Use your senses



Bring your awareness to your current environment. Pick an object and notice- the size, shape, texture, weight, sound, and taste (if applicable). Describe it slowly in detail aloud or in your head. Don't worry you can't mess it up, which is the beauty of it! This is helpful because when you feel anxious, you may have racing thoughts or having trouble focusing. This activity causes your brain to focus because you are giving it a job. You can also apply this with food or a drink.

## 2 IMPROVE YOUR DIET

Food/drink can intensify anxiety



I.E., caffeine and sugar. Do some research to figure out what changes you can make. Maybe try reducing or eliminating caffeine for 1-2 weeks and see if you notice a difference. Avoid energy drinks. Eat magnesium-rich foods (nuts, whole grains, beans, dark chocolate, etc.). Tip: Change or eliminate 1 thing at a time. This way you set a more realistic goal and are more likely to be successful.

## 3 EXERCISE

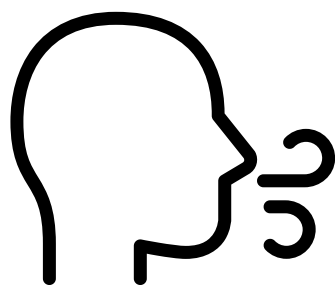
Chemicals in your brain



Exercise can help anxiety because it improves the chemicals in your brain. Moving your body can help to distract you from whatever is triggering the anxiety. Plus, you'll get the added health benefits. It's helpful for your overall well-being. Exercise does not need to be a dreadful experience. Make it fun. Challenge yourself. Try something new. Try exercising outdoors so that you can enjoy nature.

## 4 PRACTICE DEEP BREATHING

A popular choice



Breathing exercises significantly help anxiety. The reason for this is that when you engage in breathing exercises it sends a signal to your brain to relax. In turn, this helps your body to relax and reduces the intensity of the anxiety. You might notice that when you are anxious, you struggle with your breathing. I.E., hyperventilate, hold your breath, or breathe primarily from your chest. This induces anxiety. There are SO many different breathing exercises, so I encourage you to do some homework in this area.

## 5 SPEND TIME IN NATURE

Nature is a healer



The best part is that for the most part you can enjoy nature for free! Pick a scenic place to go to, such as a beach or park. When you are there, use your 5 senses to fully capture the experience. Spend some time noticing the details of your surroundings. This requires less talking and more observing. While you're at it, maybe have a picnic under a beautiful tree. Find a tree and ground yourself. To try this- simply put one hand on the tree and one hand on your heart. Take several deep breaths and then picture roots or anchors growing from the center of your feet and traveling to the center of the earth. Try this for several minutes. Note how you feel before and after.