

# 7 Quick Ways to Reduce Anxiety Now

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- 1. Journal:** some people find it useful to write down their worries and concerns. You do not have to write in paragraph form or even sentences. You can simply write a list of your concerns and worries.
- 2. Worry Time:** It also helps to set aside some time to worry, think of it as a time out for worrying. The idea is, if you have a set time to worry, you can write down your concerns and worry about them at a scheduled time and not throughout the day and night.
- 3. Breathing:** you can utilize deep relaxed diaphragm breathing, which can assist with putting your body into a more relaxed state. Sometimes doing deep breathing for a count of 30 can make a difference. Trying yoga and/or meditation can help with learning how to regulate your breathing and also assists in reducing anxiety and stress symptoms.
- 4. Exercise:** not only is exercise good for your body, it is also great for your mind. Exercising such as running, swimming or yoga assists with reducing anxiety and stress. In addition, regular exercise increases mood, overall wellbeing and assists with sleep.
- 5. Caffeine:** caffeine is a stimulant and can increase feelings of anxiety and stress. Decreasing your caffeine intake can help reduce the anxiety and stress you are feeling.
- 6. Eating:** Eating a healthy diet and keeping unhealthy foods to a minimum will help with overall health and wellbeing. Some of us tend to crave "comfort foods" when we are feeling overwhelmed or anxious. You may feel satisfied for the time you are eating, but it takes its toll on your overall health, which can add to your stress level.
- 7. Sleep:** Sleep is very important in reduction of anxiety. Sleep is very important for your body to function appropriately and to help you manage your moods and feelings. The average adult needs 8 hours of sleep per night. Which means that some people need more to feel fully rested and other people need less. Know your body and how much sleep you need to feel fully rested.