

# Exercises to manage anxiety

## Deep Breathing (Diaphragmatic Breathing):

- Sit or lie down comfortably.
- Place one hand on your chest and the other on your abdomen.
- Inhale slowly and deeply through your nose, allowing your abdomen to expand.
- Exhale slowly through your mouth, focusing on releasing tension.
- Repeat for several minutes until you feel more relaxed.

## Progressive Muscle Relaxation (PMR):

- Start by tensing and then relaxing different muscle groups, working your way through the body.
- Inhale as you tense the muscles, hold briefly, and then exhale as you release the tension.
- Move from your toes to your head, paying attention to the sensations of tension and relaxation.

## Mindfulness Meditation:

- Find a quiet place to sit comfortably.
- Focus your attention on your breath, sensations in your body, or a specific object.
- When your mind wanders, gently bring it back to your point of focus without judgment.
- Practice regularly to build mindfulness skills.

## Grounding Techniques:

- 5-4-3-2-1 Technique: Acknowledge 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Square Breathing: Inhale for a count of 4, hold for 4, exhale for 4, and pause for 4. Repeat.

## Thought Journaling:

- Write down anxious thoughts as they arise.
- Challenge and reframe negative thoughts.
- Consider alternative, more balanced perspectives.

## Visualization or Guided Imagery:

- Close your eyes and imagine a peaceful, safe place.
- Engage your senses in the visualization, focusing on what you see, hear, smell, and feel.
- Spend a few minutes in this calming mental space.

## Physical Exercise:

- Engage in regular physical activity, such as walking, jogging, or yoga, to release built-up tension and promote a sense of well-being.