



Spokane Holistic Healing Client Handout

Effective Exercises to Help Decrease Anxiety

Exercise is a great way to reduce anxiety by releasing endorphins, improving sleep, and providing a healthy distraction. Here are some effective exercises to help decrease anxiety:

1. Cardiovascular Exercise

- **Walking or Jogging** – A brisk walk or light jog, especially in nature, can calm the mind.
- **Cycling** – A low-impact way to clear your head while getting fresh air.
- **Jump Rope** – A great way to get your heart rate up and release built-up tension.

2. Yoga and Stretching

- **Hatha Yoga** – Slow-paced, gentle movements to ease the nervous system.
- **Restorative Yoga** – Focuses on deep relaxation and breathing.
- **Child's Pose & Forward Bends** – Promote a sense of safety and relaxation.

3. Strength Training

- **Bodyweight Exercises** – Squats, lunges, push-ups, and planks help build resilience.
- **Resistance Bands or Weights** – Lifting helps release stress and improve focus.

4. Mindful Breathing Exercises

- **Box Breathing** (4 seconds inhale, 4 seconds hold, 4 seconds exhale, 4 seconds hold) – Calms the nervous system.
- **Diaphragmatic Breathing** – Breathe deeply into your belly rather than your chest to reduce stress.

5. Tai Chi or Qigong

- Slow, intentional movements combined with deep breathing to cultivate mindfulness and relaxation.

6. Dancing

- Put on your favorite music and dance freely—this can be a fun and effective way to release tension.



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7. Swimming

- The rhythmic nature of swimming and the water's calming effect can be deeply soothing.