



## Anxiety Treasure box

When we are dealing with anxiety, we need some tools to help shift us out of this state. Make yourself a treasure box to help get your mind settled down and feel safe again. If you're having consistent attacks or anxiety that is not having getting any relief please contact your Primary Doctor to help get the best resources for support.

- **Sour candy-** because it helps to 'shock' your mind and all your focus is on how sour the thing is."
- **Bite into lemon-** same as above if you can't do sugar
- **Ice on back of head or cold compress-**This strategy allows you to activate the vagus nerve – the nerve running from the base of your head through the middle of your spine. This nerve controls our nervous system, and it responds to cold
- **Drink passion flower tea-** help relieve insomnia and anxiety. It appears to boost the level of gamma-aminobutyric acid (GABA) in your brain. This compound lowers brain activity, which may help you relax and sleep better.
- **Vitamin B complex supplement-** B vitamins are a group of eight different nutrients that work together to manage many processes in the body, including stress levels. A 2017 study found that people who had lower blood levels of vitamin B-12 were more likely to have depression or anxiety.
- **Magnesium Supplement-** Magnesium is a natural muscle relaxer, which immensely helps with anxiety. It's a nervous system relaxant and mineral that assists with fear, irritability, and restlessness. We hold on to so much tension within our muscles, and this is a super-healthy and easy way to create calmness.
- **H.A.L.T. Your Attack...ask these questions**  
are you hungry? Are you angry? are you lonely? are you tired?
- **Breathing techniques-**
  - 1) **Breath focus**  
When deep breathing is focused and slow, it can help reduce anxiety. You can do this technique by sitting or lying down in a quiet, comfortable location.

Then: Notice how it feels when you inhale and exhale normally. Mentally scan your body. You might feel tension in your body that you never noticed.

- Take a slow, deep breath through your nose.
- Notice your belly and upper body expanding.
- Exhale in whatever way is most comfortable for you, sighing if you wish.
- Do this for several minutes, paying attention to the rise and fall of your belly.
- Choose a word to focus on and vocalize during your exhale. Words like “safe” and “calm” can be effective.
- Imagine your inhale washing over you like a gentle wave.
- Imagine your exhale carrying negative and upsetting thoughts and energy away from you.
- When you get distracted, gently bring your attention back to your breath and your words.
- Practice this technique for up to 20 minutes daily when you can.

## 2) Resonant breathing

Resonant breathing, also called coherent breathing, can help you calm anxiety and get into a relaxed state. To try it yourself:

- Lie down and close your eyes.
- Gently breathe in through your nose, mouth closed, for a count of six seconds.
- Don't fill your lungs too full of air.
- Exhale for six seconds, allowing your breath to leave your body slowly and gently. Don't force it.
- Continue for up to 10 minutes.
- Take a few additional minutes to be still and focus on how your body feels.

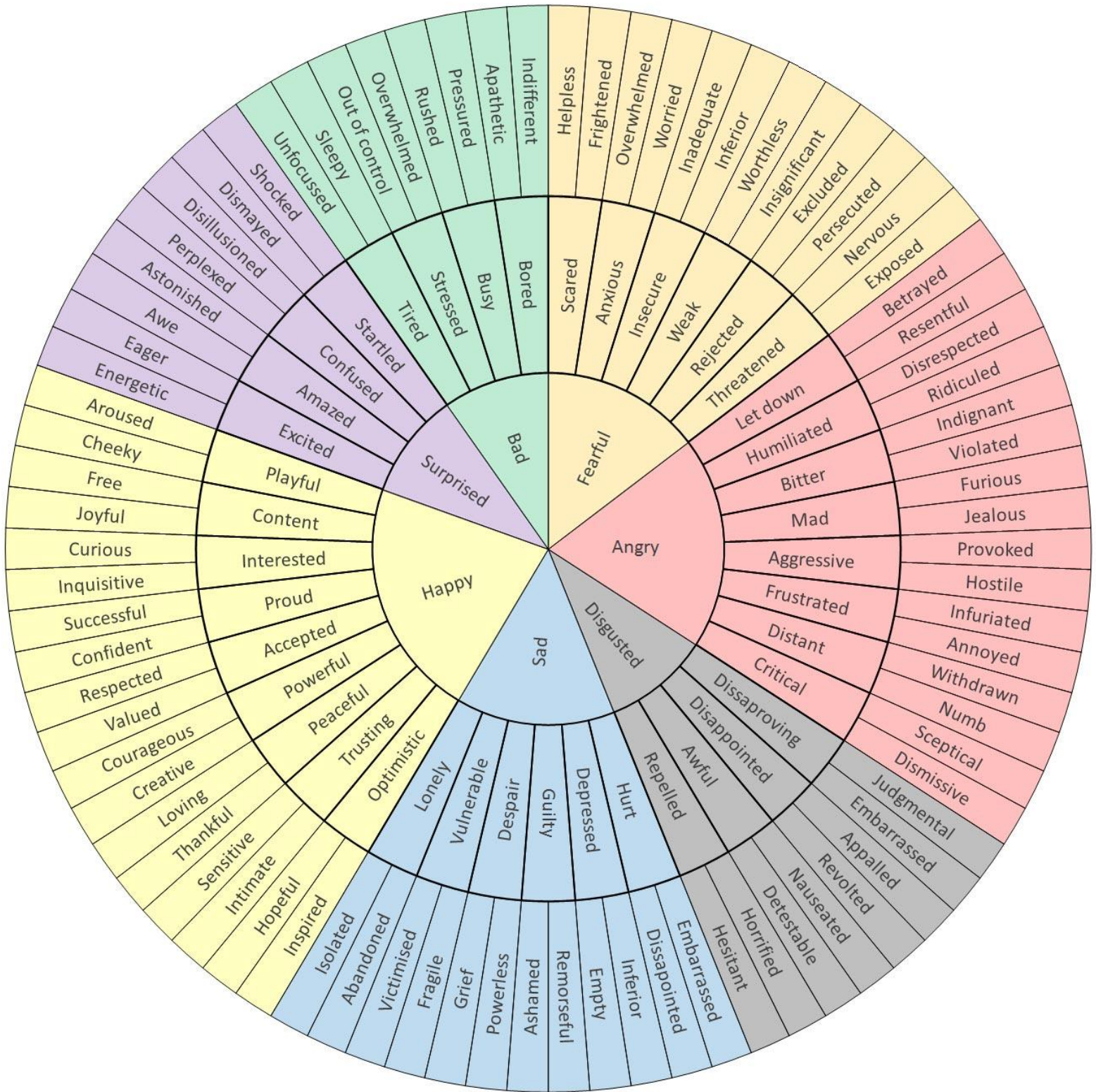
## 3) 4x4x4 Breathe

Breathe in for seconds

Hold for 4 seconds and release for 4 seconds

Do this until you feel calmer and focus on what triggered the anxiety event

- **Stop the what ifs?** challenge the thought if its real? Tell your brain your safe and list the ways your safe at that time
- **Journal your feelings....** what does this feeling or emotion remind you of? use feelings wheel
- **Listen to music that brings comfort.**
- **Do a distraction-Games** like crossword puzzles and word searches are helpful
- **Work with essential oils** that you have right there -try lavender or peppermint to stimulate your olfactory center and calm down the stimulation
- **Have a textured item or fidget item** that you can touch and stimulate other senses like velvet, something fuzzy/soft, spin, makes, putty's, squishy, stretchy, and crinkling noise.



## Resources:

### Colorado Crisis Services

can access 24/7 services through

<https://coloradocrisisservices.org>.

1-844-493-8255

If you are experiencing a mental health crisis, call [Colorado Crisis Services](#) for 24-Hour assistance: (844) 493-8255 (TALK) or dial 911 for emergency assistance.



<http://www.communityreachcenter.org/>

**Warm Line at 303-280-6602 Monday through Friday, 8am to 5pm.**

Mental health professionals will be available to talk, listen, lend support and facilitate referrals to other programs that can help build coping skills and bolster resiliency.

### To find counseling

**Psychology Today**

<https://www.psychologytoday.com/us>



<http://peoplehouse.org/>

303-480-5130

People House is a collaborative community for healing and growth, offering holistic resources for life's journey—empowering people for 40 years.

Our unique community is dedicated to fostering conscious awareness of body, mind and spirit in individuals, couples, and families through counseling, group activities, and training. Come explore the many possibilities People House has to offer: therapy, workshops, sliding fee scale counseling or rent space at People House for your own practice.

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