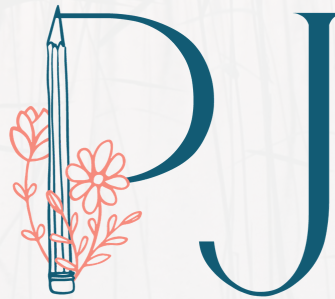


# HOW TO DECREASE ANXIETY

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Anxiety can be debilitating  
- a few ideas to help you out



POSITIVELY

• JANE •

# How to Decrease Anxiety

Anxiety can be caused by an activity or an event that makes you nervous. It brings up feelings of worry, fear or unease. Anxiety can also be a reaction to stress.

Sometimes those feelings come out of nowhere and sometimes they are carried around all day. And ,there are many triggers and many symptoms of anxiety.

But, regardless of where those feelings come from, those feelings can definitely be debilitating. I have created a few suggestions/ideas for you. Hopefully one or more can help you out.

If you need additional help please call:

- National Suicide Prevention Hotline: **800.273.8255**
- National Domestic Violence Hotline: **800.799.7233**
- Crisis Text Line: Text - **CONNECT to 74141**
- National Mental & Substance Abuse Hotline: **800.662.4357**
- National Alliance on Mental Health: **800.950.6264**

Please share this with any friends and family who may be suffering from anxiety, panic attacks, or depression.

Either:

1. Print out extra copies and hand them out OR
2. Include the PDF in an email or a text message.

Praying for you.

*Big Hugs,*

*Jane*

# How to Decrease Anxiety

Stay on a schedule	<ul style="list-style-type: none"><li>• Have a morning routine</li><li>• Take breaks during the day</li><li>• Eat regular meals and stay away from snacking</li><li>• Quit working at a particular time</li><li>• Go for a walk or exercise</li><li>• Clean the house</li><li>• Do the laundry</li></ul>
Take breaks	<ul style="list-style-type: none"><li>• Check your email and text messages</li><li>• Call someone</li><li>• Stretch and move around</li><li>• Drink water</li></ul>
Control what is yours to control	<ul style="list-style-type: none"><li>• Wash your hands</li><li>• Carry hand sanitizer with you and use it</li><li>• Wear a mask so others feel safe</li><li>• Stay home if you are at risk</li><li>• Watch minimal news</li><li>• Do NOT spend a lot of time thinking about what you can't control - (you really can only control yourself)</li></ul>
Focus on...	<ul style="list-style-type: none"><li>• Breathe In and breath out...slow</li><li>• Things you can see</li><li>• Things you can feel</li><li>• Things you can hear</li><li>• Things you can smell</li><li>• Things you can taste</li></ul>
Keep busy - Complete long awaited tasks	<ul style="list-style-type: none"><li>• Clean your closet</li><li>• Clean the garage</li><li>• Sort through your old pictures</li><li>• Organize your pantry</li><li>• Work in the garden</li><li>• Work on (or begin) hobbies</li></ul>
Call someone if you need help	<ul style="list-style-type: none"><li>• National Suicide Prevention Hotline: 800.273.8255</li><li>• National Domestic Violence Hotline: 800.799.7233</li><li>• Crisis Text Line: Text - <b>CONNECT</b> to 74141</li><li>• National Mental &amp; Substance Abuse Hotline: 800.662.4357</li><li>• National Alliance on Mental Health: 800.950.6264</li></ul>





# Hey there!

It's me, Jane. I am a wife, mom, sister and friend. I am a blogger who has a heart for women in all phases and stages of life. I share all kinds of things - from card making to budgets to organization and God. You can find me in my craft room, on the computer or at the lake just hanging out.

## I hope this has been helpful to you!

### You can find me...

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