

EASYPEASY CALMING MENU



Kick stress, panic and anxiety to the curb with one of these strategies

In the heat of the moment it can be difficult to remember all the tools you have at your disposal to combat your stress and anxiety. Print this list of choices as a handy reference .

Just as you need more than a hammer to build a house, you'll need a diverse set of options in your anxiety-busting toolbox for confronting a variety of different circumstances. Here are just a few strategies you can try. Make a mental note of which ones are the most effective in helping you return to a calmer state of mind and start with those the next time. But don't be afraid to experiment. You never know when you will hit upon a powerful new remedy.

SOOTHE YOUR SENSES

- Listen to soothing music or nature sounds
- Enjoy a cup of herbal tea or other healthy beverage
- Take a bubble bath
- Infuse essential oils (lavendar is especially soothing, peppermint improves focus)

ORGANIZE YOUR THOUGHTS

- Make a plan of attack
- Research a solution
- Journal about your feelings

RECALIBRATE YOUR FOCUS

- Commune with nature (go for a walk)
- Exercise (yoga is a great option)
- Pray
- Meditate or practice mindfulness/breathing exercises
- Play with a ball or fidget toy

INJECT SOME POSITIVITY

- Recite affirmations out loud
- Read motivational/inspirational quotes
- Watch cute or funny videos
- Recall times you got through similar difficult moments (How did you do that? Do it again.)
- Remind yourself that this feeling is temporary

Disclaimer: This list is not intended as a substitute for therapy or medication. Please consult a mental health or medical professional if you are experiencing frequent or ongoing anxiety or are having thoughts of self-harm.