

Anxiety Management Guide by Easeup

These techniques and routines will help you calm down and relax when you're feeling anxiety.

5-4-3-2-1 Grounding Technique:

Use your senses to ground yourself in the present moment:

- 5 - Look for things you can see.
- 4 - Touch four things you can feel.
- 3 - List three things you can hear.
- 2 - Smell two things you can smell.
- 1 - Taste one thing you can taste.

Deep Breathing Routine

- 1 - Sit or lie down in a comfortable position.
- 2 - Inhale deeply through your nose for 4 seconds.
- 3 - Hold your breath for 4 seconds.
- 4 - Exhale slowly through your mouth for 6-8 seconds.
- 5 - Repeat this for 5 to 10 minutes.

Progressive Muscle Relaxation (PMR)

Tense and relax each muscle group one at a time:

- 1 - Start from your feet and move upward.
- 2 - Tense each muscle group for 5 seconds.
- 3 - Slowly release and notice relaxation.
- 4 - Continue through legs, abdomen, arms, and face.

Healthy Daily Routine for Anxiety Management

- Wake up at the same time every day.
- Practice morning mindfulness or stretching.
- Eat regular, balanced meal.
- Stay hydrated.
- Exercise at least 30 minutes daily.
- Set small, manageable goals
- Limit caffeine and Alcohol
- Reflect and journal in the evening.
- Prioritize sleep and stick to a schedule.

General Journaling Prompts:

- What am I feeling right now?
- What triggered this feeling?
- What do I need in this moment?
- What can I control right now?
- What am I grateful for today?

Helpful Affirmations:

- I am safe and grounded in this moment.
- I can handle what comes my way.
- My feelings are valid, but they don't control me.
- I am not alone; support is available to me.