

Top 5 Anxiety Coping Skills



The power of self-talk: use positive language when speaking to yourself.

Anchor yourself with deep breathing to trick your brain you are in control.

Move your body to the beat of the music.

Writing down your thoughts can reveal emotionally based responses versus which are helpful facts.

Take a walk outside. Nature is one of the best serotonin boosts you can quickly access.



If you're interested in learning more about stress management, call 615-436-0921 or email at admin@arcadiantherapy.com

Managing Anxiety

B Lingard



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