





10 Steps



to



Conquering

Your Anxiety

1. Start the day right - yoga, meditation, breath-work.
2. Breakfast - don't rush, enjoy each bite.
3. Journal - write down how you feel.
4. Exercise - walk, jog, gym or swim.
5. Maintain self-care - relax in the bath or shower.
6. Dress to impress... yourself - colours and comfort.
7. Challenge your comfort zone - try something new.
8. Be mindful - return to human 'being', avoid human 'doing'.
9. Sleep - practise good sleep hygiene.
10. Disconnect to connect - break from your devices.

HOW TO STOP PANIC ATTACKS



USE DEEP BREATHING

Focus on taking deep breaths in and out through your mouth, feeling the air slowly fill your chest and belly and then slowly leave them again.



REPEAT A POSITIVE PHRASE

To stop panic attack symptoms, try focusing on repeating a phrase that you feel connected to that has a positive message and grounds you in reality.



RELAX YOUR MUSCLES

To overcome panic attack symptoms, try relaxing your muscles in increments. Focus on uncurling your fingers and toes, then move to your forearms, shoulders, and through your torso.



FIND A FOCUS OBJECT

If you want to overcome panic attack symptoms, pick a familiar object to focus on. This can be looking at your shoes or feeling the fabric of your shirt.



RECOGNIZE YOUR PANIC ATTACKS

One of the first steps to taking control of your panic attacks is to recognize that you are having one.



CLOSE YOUR EYES

Some panic attacks come from triggers that overwhelm you. This can block out any extra stimuli and make it easier to focus on your breathing.



PRACTICE MINDFULNESS

Mindfulness can help ground you in the reality of what's around you. These specific sensations ground you firmly in reality and give you something objective to focus on.

10 PROVEN STRATEGIES FOR HELPING AN ANXIOUS CHILD



1

QUIET HUGS

Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety, so sitting quietly with lots of hugs and empathizing can often work better.

2

SEE YOUR CALM PLACE



Remember a time you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.

3

5X5 GROUNDING

See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.



30 JUMPING JACKS

Anxiety often causes shallow breathing. Having the child do an exercise forces deep breaths that can reset the anxious feelings.

4

BLOW BUBBLES

Research has shown that 10 deep breaths resets the autonomic nervous system and helps to calm the amygdala. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or straw and balled up paper offer other ways to do the same.



6



DRAW YOUR ANXIETY

Draw a picture of what you are worried about.

REMEMBER PAST SUCCESS

Remind the child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it can be hard.

8



PROBLEM SOLVE THE FEAR

Help the child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst can help calm the fear.

DESTROY THE WORRY

Have the child write their anxiety on a piece of paper and then tear it up and throw it away.

PET A FURRY FRIEND

Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10 or 15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.

