



Tips for when we feel anxious...

1. Take a breath. Let it out slowly. This is the single most powerful thing we can do to settle ourselves, to shift the physiological fight or flight response. The key is the exhale getting longer, slower, deeper.
 - *You can say silently to yourself, breathing in, breathing out.
 - *You can count your breath. Breathe in to a count of 3 and breathe out to a count of 4 or 5.
 - *You can pause at the end of the inhale and at the end of the exhale.
2. Feel your feet on the floor, whether you are sitting or standing, really notice and feel your feet touching the floor. Imagine the ground beneath the floor. Focus on your body feeling steady and grounded.
3. Place your hand on either your stomach or your heart as you take 3 or 5 slow breathes. This brings us into the body out of the anxious mind.
4. When anxiety is stubborn and hard to shift, ask yourself, where do I notice this in my body? Get curious. Be kind. Ask yourself what does it feel like?
5. Know that fear and anxiety are completely normal responses to the uncertainty in our world and that the easiest way for it to shift is if we pay attention to it, calmly and compassionately.
6. If you are feeling almost panicky, focus on your senses. Ask yourself what are 5 things I can see right now, what are 4 things I can hear right now, what are 3 things I can smell right now, what are 2 things I can sense/feel.
7. If you are able, go outside. Breathe the fresh air, notice the color of the sky, listen for the birds. If you can, touch a tree. Take a few slow breaths.
8. Consciously connect with what is meaningful to you, larger than your own self -- Nature, God, Universal Energy, Love.
9. Sing. Walk. Dance. Smile.