

Anxiety Reduction

Anxiety can be a challenging experience, but there are various strategies you can employ to help lessen its impact on your life. Firstly, practicing deep breathing exercises can be immensely helpful. Taking slow, deep breaths and focusing on your breath can activate the body's relaxation response and help calm your mind. Additionally, engaging in regular physical exercise can play a significant role in reducing anxiety levels. Exercise promotes the release of endorphins, which are natural mood boosters and stress relievers. Another effective technique is practicing mindfulness or meditation. By cultivating present-moment awareness, you can detach yourself from anxious thoughts and develop a more balanced perspective. It is also essential to prioritize self-care activities that bring you joy and relaxation, such as engaging in hobbies, spending time with loved ones, or engaging in activities that promote relaxation, like taking a warm bath or listening to soothing music. Lastly, seeking support from a mental health professional can provide you with effective coping strategies and techniques tailored to your specific needs. Remember, it's okay to ask for help when needed, and with time and practice, you can gradually lessen the impact of anxiety in your life.

8 Steps on how to lessen anxiety include:

Deep Breathing: Practice deep breathing exercises to promote relaxation and calm your mind. Take slow, deep breaths, focusing on your breath as you inhale and exhale.

Physical Exercise: Engage in regular physical activity to release endorphins and reduce stress. Choose activities you

enjoy, such as walking, jogging, yoga, or dancing.

Mindfulness or Meditation: Incorporate mindfulness or meditation into your daily routine. This practice helps you cultivate present-moment awareness, letting go of anxious thoughts and finding inner peace.



Healthy Lifestyle: Maintain a balanced and healthy lifestyle. Ensure you get enough sleep, eat nutritious meals, limit caffeine and alcohol intake, and avoid excessive sugar and processed foods.

Time Management: Organize your time effectively to minimize stress. Prioritize tasks, break them into manageable chunks, and establish realistic deadlines. This approach helps prevent feeling overwhelmed.

Social Support: Seek support from friends, family, or a support group. Talking about your feelings and concerns with trusted individuals can provide comfort, advice, and a sense of connection.

Limit News Consumption: Constant exposure to distressing news can heighten anxiety. Set boundaries by limiting the time you spend watching or reading the news and choose reliable sources.

Relaxation Techniques: Explore various relaxation techniques, such as progressive muscle relaxation, guided imagery, or aromatherapy.

Find what works best for you and incorporate it into your routine. Be patient and kind to yourself as you explore these steps, and don't hesitate to reach out for professional support when needed.



Self-care. Connect

Contact your EAP at
1-877-747-1200

