

Ideas for Treating Your Anxiety

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~Limit CATS – Caffeine, Alcohol, Tobacco, Sugar and sweeteners (especially Aspartame)

~Progressive relaxation

~Grounding visualization – roots into the earth

~Counting breath 2, 3, 4

~Breath in through right nostril, out through left; then switch

~Safe place visualization

~Label it, name it (develop the witness Self)

My brain is doing this; I am not my brain; I can change my thoughts

~Yoga Nidra

~Yin Yoga

~Grounding in general

Clenching feet, pennies in shoes, flexing calves, walking barefoot

~Colouring

~Squeezy ball

~Make and drink tea

~Make or listen to music

~Find and label 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

~Meditation

~Essential oil mix for anxiety or relaxation; if it smells good to you it's perfect

~Walk, Run or Exercise any way you want

~Eliminate Gluten, Dairy, Eggs, Soy, Corn, and Nuts. After 1 month reintroduce 1 at a time at 1 week intervals

~Limit screen time