

Your Guide to a calm body and mind

Practice when you don't feel anxious, so you get familiar with it all.



BE MINDFUL WITH YOUR THOUGHTS AND FEELINGS

By acknowledging this is happening you can take control over your thoughts and feelings. Bring your awareness to the present moment.

Practice saying helpful sentences and words to yourself that you find appreciative and calming.

PRACTICE MEDITATION

Meditation is a practice that calms your nervous system. Meditation brings back the 'logical thinking' and removes you from the survival thoughts and feelings. Focus on your belly breaths to reduce the tension in your chest. Practice meditation on a daily basis even if it's for 2 minutes.



OBSERVE YOURSELF WHEN YOU EXERCISE

With exercise you will notice the feelings can be similar to when you feel anxious such as: increased heart rate, sweaty palms, tension in your muscles and out of breath. Encourage yourself to be mindful of these feelings and notice your body when you relax and cool down. This can make the process easier when you try to cope with the feelings of anxiety when they occur.



CHECK IN AND TALK

Talk to your friends, family and therapist about your anxiety and seek for validation, acknowledgement and support. Try to avoid people that are negative or talk you down. Find people that are kind, caring and encouraging.



LEARN MORE HELPFUL STRATEGIES TODAY!

Now that we've covered the basics, it's time to learn more about which strategies are most suitable for you.

CONTACT US FOR A THERAPY SESSION

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