

20 Ways To Calm From Anxiety and Panic

Ready for anxiety-free, present-tense, full-frontal happiness?

- 1. Connect with Your Senses:** The key to calming is to bring yourself out of your head and down into your body. Touch your clothes, brush your skin gently, close your eyes and listen to what's going on around you.
- 2. Go Outside:** Anxiety wants us to feel trapped and isolated, but there's a big beautiful world outside. Empower yourself. Give your mind a sense of freedom, opposite to the prison that panic offers. Get distracted!
- 3. Laugh:** When we are anxious, nothing is funny and everything is very serious. Laughter breaks the tension and shifts our minds to something lighter and easier to handle. Anxiety and laughter cannot share the same moment.
- 4. Don't Run:** Anxiety is just an experience and it needs you to be afraid in order to sustain it. When you try to escape or avoid the anxious feelings they chase and terrorize you. Instead, observe the sensations in your body without fear, and anxiety will deflate.
- 5. Hang Out with Animals:** Many studies have shown that spending time with and/or petting animals helps to calm us significantly.
- 6. Positive Self-Talk:** Anxiety talks to us in fearful ways. We want to counter that with our own positivity and wisdom. i.e.: "I can handle this. I've been through this before and came out the other side."
- 7. Call a Friend:** Talk out your fears. Say them out loud to someone with whom you feel safe. Inside your head those anxious thoughts have a lot of power. Letting them out helps you hear them in a new way that can shine a light on how silly or trivial they may be. Also, connecting with a friend is a great distraction from anxiety.

Anxiety Help: jodiaman.com/anxiety

8. Listen to Music: Studies show music calms the nerves. You can focus on it in a meditative way or get inspired by the lyrics.

9. Do Something Creative: Anxiety needs brain space. Starting a creative, problem-solving or organizational project takes up that brain space and pushes anxiety out.

10. Enjoy Hot Drinks: Again, a great way to connect with your senses and feel warm within. Warm milk, herbal teas, broths and soups are best. (Avoid caffeine!) Chamomile tea is a great example.

11. Take Action: Anxiety wants you to feel helpless. Taking action gives you a sense of power and helps you remember you always have a choice. This calms you down immensely.

12. Tell It to Go Away: We often think we're at the mercy of anxiety, but we're not! We can tell it to "Get lost!". Do this in your head or out loud. (It's more effective than you might think!

13. Take a Shower or Bath: Water shifts our energy. It clears the negative energy and calms us down.

14. Know It's Temporary: When we are in the panic it feels like it will last forever. Of course, we know better and all we have to do is remind ourselves that this too shall pass in order to start calming down immediately.

15. Exercise: Exercise releases a lot of hormones that help calm the body down and it uses up all that energy and adrenaline that accompany a panic attack. Move your body everyday. Exercise also helps with self-esteem and confidence.

16. Read Fiction: This is a great distraction. Lose yourself in a good novel.

17. Read Non-Fiction: Read something inspirational or helpful. Or learn something new to engage your attention away from anxiety.

18. Pray: You don't need to be spiritual for this. The main idea here is to set an intention for what we want and how we want to feel and to know we are supported in the world.

19. Meditate: Quieting the mind helps that inner wisdom rise up to the surface. Even if you think your mind is too busy and frantic, try to remember that this is a practice. Take your focus off your thoughts and put them onto something else like a candle, a coloring page or a massage. Guided meditations help you focus! Mine are here: 21guidedmeditations.com.

20. Breathe: This one is so key. Breathing calms our nervous system. It also helps to focus the mind on something other than the anxious thoughts.

