

Practice & Lifestyle Recommendations for Anxiety

PHYSICAL

- Calming Yoga Practice (*forward bends, floor practice, focus on the feet, twists, hip openers, side bends and front lying Savasana*)
- Oil massage (*search Abhyanga*)
- Hot bath
- Front lying Savasana
- Get enough sleep
- Eliminate caffeine
- If anxiety is high it may be helpful to walk or do something that discharges some of the energy before transitioning into a calming practice.
- Use an eye pillow during resting or breathing practices.
- Avoid cold and raw foods and integrate more warm and cooked foods like soups and stews, especially in the fall and winter.
- Drink warm water throughout the day.
- Drink hot water, lemon and ginger first thing in the morning.
- Remember that heat and movement discharges anxiety temporarily, but too much motion likely exacerbates anxiety later in the day.

BREATHING

- Focus on the exhale
- Belly breath with hands resting on the abdomen
- Link movement or breath
- Sage and lavender oils
- Lengthen the exhale
- Pause at the end of the exhale
- Exhale out of the mouth with sigh

MIND

- Focus on going inward, slowing down and shifting into the present moment. Orient to grounding and being connected to the earth.
- Tree visualization recording
- Use a blanket or heavy pillow on your belly. (*search weighted blanket*)
- Feeling the physical body (*refer to audio recordings*)
- Resourcing . . . imagining a place where you feel safe and nourished (*refer to audio recordings*)
- Increase one pointed focus (*knitting, puzzles, gardening, painting, musical instruments, woodworking, etc.*)
- Turn off electronics one hour before bed.
- Journal or bubbles (*refer to handouts*)
- Imagine a place, word, color or image that illicit or generates feelings of safety, calm and peace.
- Count the breath.
- What's another perspective?

SPIRIT / EMOTIONS

- Walk in nature outside as much as possible. Take in the trees.
- Cello music or anything with low tone
- Adoration chapel
- Slow deep music
- Inspirational reading
- Ritual
- Singing
- Prayer
- Mantra
- Help others and community service
- Connect with friends or others who are like-minded.

REFLECTION QUESTIONS

- What brings you joy?
- What do you value most?
- What feels most meaningful to you?
- What do you do that drains you?
- What do you do that contributes to your stress and anxiety? What helps to soothe you? What makes it better?

