

YATTIR HEALTH

Anxiety Relief Strategies

For anyone feeling on edge, overwhelmed, or stuck in cycles of worry

1. Pause & Breathe	Practice box breathing: Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat 5 times.
2. Ground Yourself (5-4-3-2-1)	Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.
3. Challenge the Worry	Ask yourself: • Is this fact or fear? • What evidence supports this thought? • What would I tell a friend in this situation?
4. Take One Small Step	Choose one manageable action you can complete in the next 10 minutes instead of trying to solve everything at once.
5. Calm Your Body	■ Drink water ■ Stretch ■ Walk for 10 minutes ■ Relax your shoulders and jaw
6. Helpful Coping Statements	• This feeling will pass. • I can handle discomfort. • I only need to focus on the next step. • I am safe right now.
Today's Reflection	What triggered my anxiety? What helped me feel calmer?

Remember: Anxiety is uncomfortable, but it is temporary. Small, consistent coping skills practiced daily can improve resilience over time. If anxiety becomes severe, persistent, or you feel unsafe, contact your healthcare provider or seek immediate help.