



# Action Strategies to Reduce Anxiety

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Are you seeking a solution for your anxiety? Perhaps you've found yourself spending lots of time sitting around and worrying, only to end up having more anxiety over your anxiety!

***The only way to help the situation is to take action.*** You don't need to resort to anything drastic, but if you take action even in small steps it could make all the difference.

**Here are some action strategies for reducing your anxiety:**

- 1. Get a biofeedback device.** A biofeedback device will show you the subtle things your body does when it gets anxious. It will record your actions, such as increased heart rate, perspiration, temperature, and strained muscles. These are things you don't normally notice.

When the biofeedback device gives you these readings, you get to know your body better and you're then more able to counteract these symptoms and relax.

- 2. Talk with friends.** Feeling anxious also usually makes you feel quite alone. One way to combat this is to ***remain open about your feelings and communicate with other people.*** Make time for your friends or family.
- 3. Seek counseling.** You know yourself best and will be able to tell if you're having mild anxiety problems or severely life-altering issues. If your anxiety is showing an interference with your daily life, seek the advice of a healthcare professional.
- 4. Meditate.** Meditation is certainly an action strategy even though it seems like quite the opposite. ***Your choice to be inactive is an action in itself.*** Try to meditate by taking deep breaths in and out. Doing so will relax all of your muscles in the process and your problems will begin to fade away.

5. **Exercise.** Start an exercise routine. Exercise gets the endorphins pumping and will actually relax you. When you engage in regular exercise you get your body into a healthy rhythm. You'll have a built-in break from anxious situations when you make time for exercise.
6. **Start a journal.** Starting a journal can be a real stress reliever. It's like you have a secret friend to vent to whenever you want. In addition to reducing anxiety, starting a journal might also be beneficial for you because it will help you preserve good memories, too.
7. **Eat a balanced diet.** Putting healthy foods into your body can help reduce anxiety. Analyze your current diet and pinpoint the items that might need to go. Enjoy the less healthy items in moderation while you increase your intake of the nutritious foods your body craves. Also, you may want to consider taking a multivitamin.
8. **Drink water.** This one sounds simple enough, right? ***The truth is that water has some amazing healing powers.*** Be sure to get at least 8 glasses of clear fluids each day.
9. **Find an outdoor hobby.** Play a sport or start a garden. Not only will you get some much-needed fresh air, but also you'll relieve stress while taking your mind off of your problems.

## **Reducing Anxiety**

The truth is there are many things you can do to actively reduce your anxiety. Make a list of the things you find relaxing and make sure that you allow yourself some time each day to do one of them.

***Focus on gaining better control of your mind.*** Don't let your thoughts run away with you. Instead, give yourself some time to unwind in the evenings. Most important of all, don't be too hard on yourself. Everyone deals with anxiety at some time or another, but you can use these tips to keep it under control.