

## Top 6 Anxiety Busters!

**Remember: PSDMSB (Dick Collins, 2021)**

**6. *Prayer*** Create a plan that increases the amount of time each day you're praying or meditating 2 minutes until you reach 10 minutes each day. Match intentional movement with spiritual prayer and you get a double dose of a significant stress reducer!

**5. *Share*** Talk to others about your fears and concerns. Keeping anxious thoughts to yourself makes them more intense.

**4. *De-expose*** Limit what you read, listen to, watch on TV to avoid having your anxiety constantly triggered. Our bodies automatically respond to stressful information by cranking up our Flight or Fight reactions.

**3. *Move*** Create a plan that increases the amount of time each day you're walking or doing light work by 1 minute until you reach 20 minutes each day. A very powerful stress reducer!

**2. *Sleep*** Prioritize getting your 8 hours (or whatever was normal for you before you became anxious). See your doctor for safe, non-addictive medication to re-establish your normal sleep patterns if necessary. Sleep loss is the single biggest thing that makes daytime anxiety worse.

**1. *Breathe*** Throughout the day pause for two minutes and breathe slowly and evenly. With each breath out let your tummy relax completely then slowly start the in-breath. This will trigger your body's natural relaxation response and lower body tension, anxiety.