

HOW TO MANAGE ANXIETY

ANXIETY HANDBOOK

The Best Apps and Tools to Help Anxiety.

APPS



1. INSIGHT TIMER

This is a free app that helps beginners with meditation. It has a lot of free options. If meditation is not your thing, they have talks from experts (and famous people), playlists & you can create an online community too.



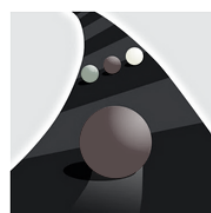
2. SANVELLO

The app offers an array of options. You can learn deep breathing, progressive muscle relaxation & meditation. You can also monitor your mood & anxiousness as well as set goals for yourself.



3. MINDSHIFT

MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you manage your anxiety. You can choose the type of anxiety you are feeling & select from different types of tools including: changing thoughts, calming practices, or actions. I am a big fan of this app.



4. COLOR ROAD

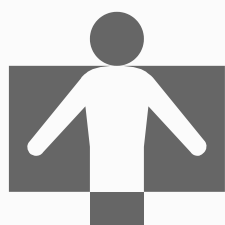
Sometimes the thought of meditating, or deep breathing, is just not what you need. You don't have the emotional space for it. For when you need to just switch off for a second, try this game. It can calm your mind for when you need it most.

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TOOLS



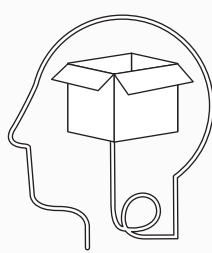
CONNECT WITH YOU BODY

Find an item, it could be a meaningful item or not. Close your eyes & describe what it feels like to hold the object. Come up with 10 words or/and feelings about it. You can do this anywhere. This is to help you connect to your body when you feel anxiety rising. Time: 1 min minimum



HOLD ICE

Please take caution with this one. For high anxiety moments, hold on to one ice cube or something just as cold as ice for as long as it is comfortable. This new information can restart your nervous system.



RE-LIVE A FAVORITE MEMORY

This is personally one of my favorites. I used this when I was in the hospital. Imagine a time when you were at peace & happy - think a memory of you on the beach, a great family gathering, laughing with friends, a vacation. Go through each five senses (touch, taste, smell, sound, see) & think of three things you might have experienced with each sense.



HUM

If this makes you uncomfortable, find a place to be alone to do this. Take a deep breath. Then exhale and hum until you have released all the air. Please put one hand on your neck while doing this to feel the vibration from humming. Time: minimum 2 minutes