

CALM YOUR ANXIETY

IN THREE STEPS

Stress management often works from the top down – that is, our minds use language and logic to calm down the rest of the body.

But when we have severe anxiety, it's more effective to work from the bottom up.

First, we calm the body and the emotion centers of the brain that are reacting to the stress.

Then, when we feel calmer and safer, we use the brain areas involved in language, logic, and decision-making to come back online and think through solutions.

Click the **links** below to learn more about each strategy:



CALM THE BODY.

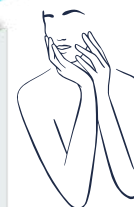
[Exercise](#)
[Grounding](#)
[Breathing](#)
[Progressive Muscle Relaxation](#)



CALM THE EMOTIONS.

Notice how you feel in a non-judgmental way.

[Self-Compassion](#)
[Advanced techniques:](#)
[Eye Movement Therapy](#)
[Thought Field Therapy](#)



CALM THE MIND.

Once you feel relaxed & calm, review the thoughts that made you feel anxious. Reframe those that distort reality.

[Cognitive Behavioral Therapy](#)
[Acceptance Therapy](#)
[Resilience Exercises](#)

