

## Scientifically Proven Tips to Reduce Anxiety...from Adirondack EAP 2021



- ✓ **Healthy Intake!** Limit your intake of Alcohol, Caffeine, Sugar, Sweeteners, & Tobacco. All are proven to have a negative affect on anxiety. Drink water to stay hydrated – add lemon, lime, or cucumber for more flavor. Plan & prepare healthy appetizing meals then sit down at a table to relax, eat, & enjoy.
- ✓ **Delay Responding!** Technology has our brain thinking we are on “high alert” or “on-call” 24/7. Choose to limit your availability & delay your responses. Choose to control technology rather than letting it control you. Take a technology mini-vacation and increase your vacation time away from it gradually.
- ✓ **Stop! Listen, Look, Smell, Taste and Touch!** Listen to soothing music, bird songs, children laughing, or enjoy peace & quiet. Look closely at the beauty of nature. Keep photos of loved ones, friends, and favorite places or memories in plain sight. Smell fresh air, food baking, flowers, puppy breath, clean sheets, someone you love. Taste and savor your food, a raindrop or snowflake, a favorite treat. Stroke your pet, hold hands, feel warm clothes fresh from the dryer, notice all your hands hold and touch.
- ✓ **Be You!** Read, play a game, breathe, laugh, walk a dog, walk with a friend, sing, dance, play an instrument. Take a hot bath or a nap. Do a puzzle, color, paint, organize, clean, arrange a room, flowers, or a closet. Bake, look out a window, visit a park, do a virtual museum tour, light candles, and put your feet up.
- ✓ **Quiet Down!** Practice Meditation, Learn Mindfulness, Pray. At the end of the day, find a place and a time daily to reflect on what you are grateful for and what was accomplished. Leave what is undone behind... tomorrow is another day. Relax, rest, unwind, sleep. If you wake at night – keep a pad and pen beside you and write down anything you want to remember, then let it go!

For more great ideas to reduce anxiety check out –

[The 10 Best Ever Anxiety Management Techniques, by Margaret Wehrenberg](#)

To contact a counselor at Adirondack EAP: 518-793-9768/[www.adkeep.com](http://www.adkeep.com)