

A - Accept What You Can't Change & Act When/Where You Can. (Serenity Prayer)
B - Breathe & Always Do Your Best.
C - Challenge Limiting Beliefs. (A,B,C,D,E Method)
D - Discipline. Living Purposefully & Without Fear Takes Practice.
E - Exercise. (Physical Movement Encourages Forward Motion In The Mind.)
F - Find A Friend. (Reach Out To Others. Don't Isolate)
G - Play A Game. (Playfulness diminishes the weight of heavy thoughts.)
H - Help Someone Else. (Stop Thinking About Yourself)
I - "I" Statements.
J - Keep a Journal.
K - Be Kind to Yourself.
L - Listen to Music & Other Soothing Sounds.
M - Meditate. (Access Conscious Contact With Your Highest Self. ~ Wayne Dyer.)
N - Take a Nap. (Sleep Will Cure Almost Anything)
O - Observe Your Surroundings. (Ground Yourself)
P - Pray. (Give It To God.)
Q - Question Your Feelings. Are You Being Logical/Rational?
R - Read. Get Inspired by the Power of Words. (Scriptures)
S - Soak Up Some Sun. It's Important to get Outside.
T - Talk it Out. Find Someone You Trust to Gain Perspective.
U - Understand That Anxiety/Stress Is Part of Life. But It Will Pass.
V - Visualize. (See It Then Be It.)
W - Drink Water. (Water Is The Driving Force Of All Nature. ~Da Vinci)
X - Experiment. Try New Things. Use What Works For You.
Y - Yearn For Personal Growth/ Change. (Lean into Hard Things)
Z - Cultivate A Zest For Life.

Em's
Anxiety Antidotes
A-Z