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SOME HELPFUL WAYS OF DEALING WITH ANXIETY

We will begin by eliciting methods from participants and select a few they might want to practice briefly during the seminar, especially those they are not already familiar with.

Breathing: blowing on finger, (or tented fingers so no one will notice what you are doing)
- Kalabati breathing
- over ball or breathing stool or roli
- whistle or sing

Daily meditation 10-15 minutes 1-2 times a day- attention on breath

Mindfulness exercises

Physical exercise- not too extreme
- biking
- walking
- hiking

Somatic experiencing

Taoist arch and bend over

Stretching over medicine ball

Tai Chi and yoga

Laughing: watching funny movies, comedians, telling and listening to jokes

Crying with sobbing and sound- most helpful with another person present

Tapping a la Dona Eden or EFT

Body work (Taoist arch and bend over)

Exercises (in pairs) to get in the present

Notice that...(something in the current room or environment)
with completed communication e.g. good, thank you, when task done
point out something (in the current room or environment)

Drink pure water 6-8 glasses daily

PC muscle exercises (especially when sexuality is an issue)

Sucking on thumb or milk bottle

Gag to relieve diaphragm spasm- in case of risk of throwing up
drink water before

Going over breathing stool if one is available- followed by bending over

Getting enough sleep- to promote sleep

- go to bed at same time and get up at the same time so your body gets used to the routine
and signals you

-keep room dark and free of tech

- think of 5 good things that happened today as you go to sleep - even on a bad day

Being held-just "I wanna hold your hand"- or whole body

Talking to a trusted person