

FREE EBOOK



10 WAYS OF
REDUCING
Anxiety



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INTRODUCTION



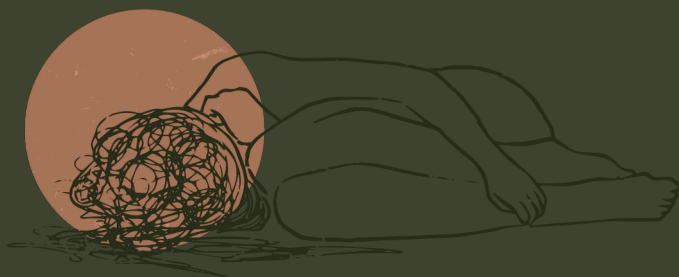
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10 TIPS TO REDUCE ANXIETY

Anxiety has never been talked about so much.

It has even been a term used indiscriminately, but it is perfectly understandable, if we take into account a rhythm of social functioning that facilitates anxious suffering. It is worth highlighting here that anxiety is a natural state of anticipation of both pleasurable and threatening experiences, as well as ruminative anguish related to uncomfortable events from the past.



10 TIPS TO REDUCE ANXIETY

In general, anxiety plays an important role in survival, however, when it occurs more frequently than necessary, at inopportune times and causes persistent suffering, with an impact on the person's functioning, we consider it to be an anxiety disorder. Here, I list 10 ways to prevent and/or reduce anxiety and improve your quality of life:



1 - PRACTICE MINDFULNESS

It involves being present in the moment and focusing on your thoughts and feelings without judgment. Mindfulness can help you manage stress and anxiety. It's simpler than it seems! We can practice mindfulness at any time - often, taking 5 minutes when waking up, 1 minute every 2 hours and 5 minutes before going to bed can make a difference and allow you to experience anxiety relief.



1 - PRACTICE MINDFULNESS

We can think of the practice of mindfulness as a muscular exercise - the more we train a muscle, with care and discipline, the better the results. The same goes for training the mind into a state of mindfulness. There is no mystery at all!



2 - EXERCISE REGULARLY

Physical exercise is a great way to reduce stress and anxiety. Helps release endorphins, which can improve your mood. It is important that the physical activity is motivating and not performed by obligation. Regularity is key, but it's not because you missed one day that you must abandon the practice.



3 - GET ENOUGH SLEEP (AND WITH QUALITY)

Sleep is essential for your overall well-being. Try to get at least 7 to 8 hours of sleep every night.



If you experience difficulties with this, seek sleep hygiene measures (such as reducing exposure to screens close to bedtime and using the bed only to lie down to sleep, for example) and professional advice, preferably from Psychiatry.

4 – EAT A HEALTHY DIET

Eating a healthy, balanced diet can help reduce anxiety. Avoiding caffeine and sugar can also be useful. Often we do not notice that some foods that we usually consume worsen the anxious condition. It is important to recognize how you react to certain foods and, if possible and necessary, have support from a professional nutritionist.



5 - LIMIT EXPOSURE TO NEWS AND SOCIAL MEDIA

The constant bombardment of negative news can be overwhelming and contribute to the anxiety. Try to limit your exposure to news and social media. Furthermore, the screen exposure time should also be decreased, especially close to bedtime.



6 - PRACTICE DEEP BREATHING

Deep breathing exercises can help calm your body and reduce anxiety. Inhale deeply through your nose and exhale through your mouth. Breathing is always available. 3 deep breaths every 2 hours will not take up a lot of your time and will also help with mindfulness. If you have difficulty to inspire, due to the anxious suffering, I suggest first try to exhale to then inspire.



7 – STAY ORGANIZED

Keep your life organized can help reduce stress and anxiety. Make to-do lists and prioritize your tasks. However, always respect your time and your humanity.



It is important to remember that we are ALWAYS doing our best, with all limitations.

8 – SPEND TIME WITH LOVED ONES

Spending time with loved ones can be a great way to reduce stress and anxiety. It can also help you feel **supported and connected**. Enjoying the company of a loved one involves promoting a feeling of support and helps ground you in reality.



9 - PRACTICE RELAXATION TECHNIQUES

There are several techniques of relaxation, like yoga, meditation and progressive muscular relaxation, which can help to reduce to anxiety.



10 – SEEK PROFESSIONAL HELP IF NECESSARY

If you feel like you are often struggling against anxiety, do not hesitate to seek professional help. A professional therapist and/or psychiatrist can help you to develop coping strategies and working with your anxiety.



10 TIPS TO REDUCE ANXIETY

I hope this short e-book can help you better understand your own path in managing anxious suffering and don't hesitate to contact me with any further questions.

Health and peace to us all!



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