



*Put Anxiety in Its Place!*

# 10 STRATEGIES TO HELP YOU MOVE ON!

It's time to focus on what makes *You* feel better! These short-term solutions can help you relieve stress in no time.

# STRATEGIES

## *Kick Anxiety to the Curb!*

01

### Breathe In, Zen Out

Take slow, deep breaths in through your nose, and exhale through your mouth, just like you're blowing out birthday candles on a cake! Feel the calming power of each breath as you find your inner peace!



03

### Treat Yourself to Quality "Me Time"

Pamper yourself with a bubble bath, face mask, or a Netflix binge session. Your favorite show is waiting for you to press play and escape into a world where anxiety doesn't stand a chance.



05

### Unleash your Inner Comedian

Laughter is scientifically proven to reduce anxiety, so watch a funny comedy special, tell jokes to your reflection in the mirror, or dive into a hilarious meme rabbit hole. Go ahead, let the laughter melt your anxiety away!



02

### Meditation with a Playful Twist

Imagine your worries as colorful balloons floating away into the sky, or visualize anxiety as a silly cartoon character trying to get your attention. Get creative and watch anxiety lose its grip on your serenity.



04

### Embrace Your Inner Child

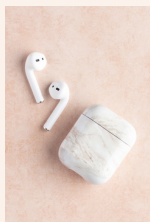
Tap into your sense of wonder. Bust out the coloring books, build a fort with blankets, or play a round of hide-and-seek. When you let your imagination roam free, anxiety simply can't compete!



## 06

### Create an Anxiety Playlist

Whether you're into peaceful nature sounds or power anthems, music has a magical ability to calm the anxious soul. Find the perfect tunes that speak to your heart and let them wash your worries away!



## 08

### Zen Journaling

Write down your worries, fears, or anything that's bothering you. Then, counterbalance it by jotting down positive affirmations, gratitude lists, and reflect on the things that bring you joy. Watch anxiety fade away as you embrace the power of pen and paper.



## 10

### Self-Love Vibes

Treat yourself like your own best friend – be kind, understanding, and forgiving. Remember, we're all imperfect humans, and it's okay to stumble along the way. Cut yourself some slack and let your inner Zen guru guide you.



## 07

### Dance Like Nobody's Watching

(Because chances are, they're not!) Channel your inner superstar, crank up the volume, and let loose! Get those endorphins flowing and show anxiety who's boss! Who says dancing can't be an anxiety remedy?



## 09

### Buddy System

Connect with your support squad, furry friends, or even green babies (aka plants)! Share your concerns, ask for advice or just have a chill chat about whatever. Laughter and connection are powerful anxiety antidotes, so surround yourself with people who radiate good vibes.



Hey, just a reminder that we all have our own unique coping styles, so find what works best for *You!* If anxiety keeps sticking around or messing with your everyday life, consider talking to a therapist! Remember, you're not alone in this!

*Let's Work together!*

# GET IN TOUCH

Reach out to Schedule Your  
FREE  
15-Minute Intro Call!

*Looking Forward to Meeting You!*



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