

Anxiety Relief Techniques

This relates to SMART recoveries VACI list which can be used to help fill the void when you are feeling anxious.

1. Control your breathing – take 5 deep breaths in and out and tell yourself “I love myself, I love myself, I love myself”
2. Talk to someone friendly – share your feelings with a trusted family member or friend
3. Try aerobic activity – go for a walk, walk on the beach, run, workout, etc.
4. Do something that relaxes you – art, play music, your VACI list
5. Use aromatherapy / essential oils – find an essential oil the calms you
6. Manage anxious thoughts – practice mindfulness and cognitive techniques, the ABCs, meditate
7. Listen to good mood music – calming music that resonates with you
8. Learn grounding techniques – walk barefoot on the beach or grass, focus on the present moment, use a grounding mat, meditate