



# 7 BODY BASED ANTI-ANXIETY TOOLS



## WHAT IS ANXIETY



Anxiety can be described as an intense sense of uneasiness and loss of security. Anxiety is associated with sweating, increased heart rate, lack of brain cognition, thinking blocks, a general sense of alert and raceyness in the body.

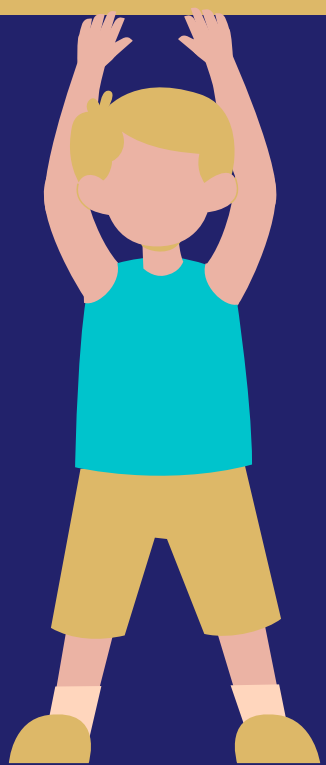


## CALMING TOUCH

notice where in your body you experience the feeling associated with anxiety. Place hands on this/these areas. Keep hands here until you experience a sigh or sense of release

## NOTICE IF THIS PART OF YOU HAS A MESSAGE

if this/these areas had a message to share with you about what's going on right now, what would that message be?



## USING THE SENSES TO DIAL DOWN THE STRESS

When you notice the sensations in your body, is there a way you'd really like to move your body in this moment? Can you allow this?

### 5,4,3,2,1

Mentally Name 5 things you can see  
4 things you can hear  
3 things you can smell  
2 things you can feel (clothes, jewelry ect)  
1 thing you can taste. This helps the nervous system to feel safe.



## HUM THE FIRST SONG THAT COMES TO MIND



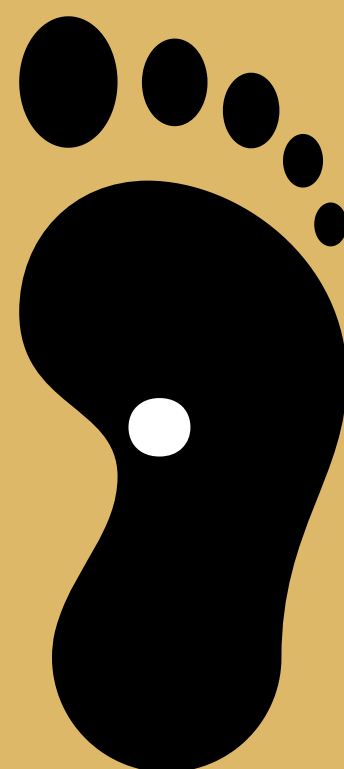
humming is an excellent way to send a signal of safety to the area of the brain that processes threats and alert. By humming a song you like or that resonates in the moment it brings the body into a more present and relaxed state.



## SELF HUGS



Crossing your hands over your torso and gripping your shoulders is an amazingly underrated tool for easing anxiety. Having your own touch and weight of your arms across your chest works much the same as an actual hug and your body responds very similarly. There is also safety receptors on your shoulders that when stimulated with touch help the body to shift into a rest state.



## PUT FIRM PRESSURE ON THE K1 ACUPUNCTURE POINT

The K1 point is a ground point for the kidneys which is the organ that governs anxiety. Holding this point helps anchor feelings of ease in the present moment