

3 Steps TO MANAGING ANXIETY

Stress management often works from the top down – that is, our minds use language and logic to calm down the rest of the body.

But when we have severe anxiety, it's more effective to work from the bottom up.

First, we calm the body and the emotion centers of the brain that are reacting to the stress.

Then, when we feel calmer and safer, we help the brain areas involved in language, logic, and decision-making come back online and think through solutions.

Click the **links** below to learn more about each strategy:

Calm the Body

Help your body neutralize any stress being stored as muscle tension. These techniques will also improve delivery of oxygen and nutrients to the brain.

[Exercise](#)

[Grounding](#)

[Breathing](#)

[Progressive
Muscle
Relaxation](#)

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Calm the Mind

Once you feel relaxed and calm, review the thoughts that made you feel anxious. Replace or reframe any thinking patterns that distort reality. Use resilience exercises to strengthen healthy thinking.

[Cognitive Behavioral Therapy](#)
[Acceptance Therapy](#)
[Resilience Exercises](#)

Calm the Emotions

Notice how you are feeling in a non-judgmental way. Give yourself grace and compassion while processing your fears and worries.

[Self-Compassion](#)

Advanced techniques:
[Eye Movement Therapy](#)
[Thought Field Therapy](#)

