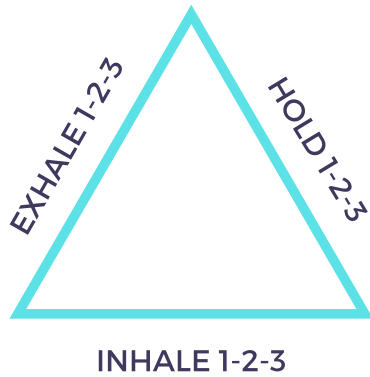


Yoga for Anxiety

“YOU DON’T HAVE TO CONTROL YOUR THOUGHTS.
YOU JUST HAVE TO STOP LETTING THEM CONTROL YOU.”
-DAN MILLMAN

COUNTING BREATHS



GROUNDING EXERCISE:

TAKING INVENTORY OF
YOUR PHYSICAL
ENVIRONMENT HELPS TO
BRING YOU AWAY FROM THE
MIND AND BACK TO THE
BODY

5 THINGS I SEE:

4 THINGS I HEAR:

3 THINGS I SMELL:

2 TEXTURES I FEEL:

1 THING I TASTE:

MANTRAS + BREATH

- I AM _____
- ALL IS WELL
- THIS TOO SHALL PASS

UNITE BODY + MIND THROUGH THE USE OF

- BREATH- CROCODILE BREATHING, MANTRA BREATHING, COUNTING BREATHS
- MOVEMENT - YOGA, WALKING OUTSIDE, SWIMMING
- TAKE A BATH

JOURNAL

- IF YOU ARE FEELING ANXIOUS, JOURNAL IT OUT WITHOUT JUDGEMENT. LOOK FOR THE EVIDENCE THAT WHAT YOU ARE THINKING OR FEELING IS TRUE OR UNTURE.
- BEGIN A DAILY GRATITUDE JOURNAL

SPEAK YOUR TRUTH

- SHARE YOUR THOUGHTS FREELY WITH ANOTHER PERSON
- SHARE YOUR THOUGHTS FREELY WITH YOURSELF- WHAT YOU RESIST, PERSISTS

CONNECT TO SENSORY INPUT

- HUG SOMEONE OR AN ANIMAL
- USE A WEIGHTED BLANKET
- SMELL ESSENTIAL OILS

BECOME AN OBSERVER

- WATCH YOUR THOUGHTS WITHOUT JUDGEMENT, IMAGINE THAT THEY ARE LIKE CLOUDS FLOATING THROUGH THE SKY OF YOUR MIND. BECOME AN OBSERVER TO THEM RATHER THAN REACTING TO THEM.

TOOLS + TIPS