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EASY WAYS
TO CALM ANXIETY

by STEPHANIE DALFONZO





SIMPLE TECHNIQUE
Big Impact

CROSSING THE MIDLINE

This simple technique at first glance appears to be too simple to work, yet when you do it you will feel how effective it is.

Grab a ball or anything within arm's reach (water bottle, keys, etc.). Notice your angst or distress and rate it from 1 – 10. Now, begin to pass the ball from one hand to the other, passing it back and forth – making sure to cross the midline of your body.

Do this for a minute and then check in with that angst or distress and notice what number it is now. If there is still some anxiety, toss the ball back and forth for another minute.

Repeat for as many times as you need to make it dissipate or bring it down to a manageable level.



THE BIGGER YOU YAWN
The BETTER you'll feel!

JAW DROP

Another simple yet incredibly effective technique. Take a moment to relax your jaw as much as possible. Really drop your jaw – chances are you will find yourself yawning and this is great!

Dropping your jaw stimulates the parasympathetic nervous system, which counteracts the “fight or flight” response. Then when you find yourself yawning, taking a big deep breath, you are flooding your body with the wonderful bio chemicals associated with the relaxation response.

Repeat as needed!



CONSCIOUS BREATHING

The link between your body & mind

SQUARE BREATHING

When we are anxious, we have a tendency to hold our breath, which is a vicious cycle. Square breathing is so simple, yet so effective!

Imagine a square or draw one on a piece of paper. Begin at the top left corner and as you follow that line across to the right, inhale to the count of 4. Then HOLD your breath to the count of 4 as you follow that line down. Then EXHALE to the count of 4 as you follow that line to the left. HOLD your breath to the count of 4 as you follow the line back up to the place you began.

Repeat as many times as you need.
(Most of my clients LOVE this breathing technique.)



INHALE -- EXHALE
You'll Get Through This

THREE PART BREATH

Imagine a beautiful pool of cool, healing energy at your feet – whatever color appears is fine. Imagine that you can breathe this in through your feet upwards in a three-part breath.

Imagine taking a third of a breath through your feet, just up to your knees and pause. Take another third of a breath up to your belly, and pause.

Take that final third of a breath up to the top of your head and pause. Hold it for a moment, then a big exhale, washing away that which no longer serves you.

Repeat as many times as you like.



PRESS THE RESET BUTTON
Don't Stay Stuck in Overdrive

SHAKE IT OFF

Do like Taylor Swift sings and “Shake it Off”! Animals naturally do this. When a gazelle is being chased by a lion, they kick into fight or flight mode and go into hyperdrive. Once they reach safety, they shake it off and reset their nervous system.

We humans tend to just stay stuck in fight or flight mode, which can lead to a whole host of physical and emotional issues! Try this the next time you get anxious, just start shaking your body.

If you have young kids, this can be a great thing to when you get together again at the end of the workday. Try it – you may find the “witching hour” a little less witchy!



MEET STEPHANIE

*I empower women to say
Goodbye Anxiety, Hello Freedom*

YOU DESERVE TO FEEL BETTER

If you suffer from anxiety and you've tried "everything" and nothing has worked, practice these simple techniques! They are all quick and easy and if you use them on a daily basis, you will feel better!

But, just like we don't just brush our teeth once and expect cavities to stay away, we need to practice these ways to calm anxiety on a daily basis.

My mission and my passion is to help you to move from anxiety to freedom, peace of mind and JOY!

ONE-ON-ONE ANXIETY COACHING

Some women need an extra level of support, which is why I provide private coaching. This allows us to focus in on exactly what your needs are. Sign up for a complimentary 15-minute call to see if this is the right option for you.

>> CLICK TO SCHEDULE YOUR CALL

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