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10. Don't let your worries stop you from living your life. Many of them will turn out to be false, and the consequences of your anxiety—less sleep, a rapid pulse, a little embarrassment—are just inconveniences when it comes down to it. What can you still do even if you feel anxious? Almost anything.

This is a very good book for coping with anxiety. It delivers what the subtitle promises: 10 simple ways to relieve anxiety, fear and worry. The author acknowledges throughout, that simple is not necessarily easy. Though the ten tips are simple, they do take concerted commitment and effort to put into practice.

10 Ways to Cope with Chronic Stress "It's key to recognize stress-

ful situations as they occur because it allows you to focus on managing how you react," Dr. Stoll says. "We all need to know when to close our eyes and take a deep breath when we feel tension rising." Use these tips to prevent or reduce chronic stress. 1.

10 Simple Tactics to Manage Anxiety and Panic Attacks Tips on what to do when a panic attack hits and how to manage chronic anxiety. ... When I counsel people dealing with chronic anxiety, there ...

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16 Simple Ways to Relieve Stress and Anxiety

Stress is a natural and normal part of life, but sometimes you just need to relax. We've compiled a list of the top 10 ways to relieve stress.

Coping with Anxiety : 10 Simple Ways to Relieve Anxiety

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The next time your anxiety starts to take you out of the present, regain control by sitting down and taking a few deep breaths. Simply stopping and breathing can help restore a sense of personal balance and bring you back to the present moment. However, if you have the time, try taking this activity a little further and experiment with a breathing exercise and mantra.

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10 Simple Ways to Cope with Stress | Sutter Health

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