

7 STEPS for Relieving Anxiety



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Anxiety can be overwhelming, and interfere with daily life in many ways. Here are some steps for relieving your anxiety. If you find this difficult to do, a counselor specializing in anxiety therapy and mindfulness training can help.

1. Notice without judgment and a sense of curiosity when you are feeling anxious.
2. Put one hand on your heart center and the other on the your abdomen. Breathe deep nourishing breaths through the nose, noticing the rise and fall of the abdomen with each breath.
3. Notice where the sense of anxiety is in your body. It could be a fluttery feeling in your chest, a clenching in your abdomen, tingling in your hands, for example. Breathe into the part of your body where you are most experiencing that sense of anxiety, breathing in the feeling, and loosening and relaxing the sensation with each exhale.
4. As you continue breathing in this way, notice how each exhale dissolves into space, and notice the gap before the next inhale.
5. Use your breath to ease pressure points around your face – the outer corners of your eyebrows, the tender spots on each side of your nose, and the tender spots below your ears around your jaw muscles. Doing a set of 5-10 repetitions on each spot, on each inhale, press gently into the tender spot with your forefingers, and on each exhale, relax the pressure and feel the sensation of softening around those spots.
6. Tap in alternating fashion right above each knee, breathing as instructed above. Do this 10-20 times, noticing both the tapping and the nourishing breath.
7. To finish, return to putting one hand on your heart center and the other on your abdomen and breathe in and out as described in #2 above 5-10 times. Then come back to the room, noticing your surroundings as you notice a sense of calm and peace.

Practice this at least once a day, whenever you feel anxious.