

December, 2021

Like us on



Facebook
at

<https://luzioassociates.com>
for more
handouts and information
on depression, anxiety,
grief, parenting, and more.

See videos and access links
that offer more information
on mental health.

Stay up to date with the
groups offered at our
agency and with the office
hours!

4411 Washington Ave.
Suite 300
Evansville, IN 47714
812-479-191

Written by:

Brittney Cameron, IWS MSW
Intern

<https://twitter.com/teachergoals/status/1160885126886240256>

<https://www.healthline.com/health/how-to-calm-down#14.-Have-a-centering-object>

Calming Yourself Down

We all worry and get upset from time to time. It's a normal part of life, right? But what happens when that anxiety or anger takes over, and you can't calm down? Being able to calm yourself in the moment is often easier said than done.

That's why having a few strategies you're familiar with can help you when you're feeling anxious or angry. Here are some helpful, actionable tips you can try the next time you need to calm down.

Healthy Calm Down Techniques

- Deep breathing
- Admit that you're anxious or angry
- Challenge your thoughts
- Release the anxiety or anger
- Visualize yourself calm
- Think it through
- Listen to music
- Change your focus
- Relax your body
- Write it down
- Get some fresh air
- Fuel your body
- Have a centering object
- Identify pressure point to calm anger and anxiety

