

Taming The Anxious Mind- What I Did

ALL OF THESE CHANGES WERE MADE OVER THE COURSE OF A YEAR AND ARE PART OF A CONTINUAL PRACTICE.

- Reduced/eliminated sugar/caffeine (chemical stimulants)
- Reduced/eliminated metal music intake
- Practiced deep breathing
- Prayed
- Created a bedtime routine
- Went to counseling
- Went on lowest dose of anti-anxiety meds for one year
- Moved more, especially in nature
- Journalled
- Focused on gratitude
- Learned to listen to my body/triggers
- Spoke kindly to myself
- Cuddled my pet
- Talked to friends
- Practiced surrendering control/holding things loosely