

12 MINDFULNESS TIPS TO DEAL WITH FEAR & ANXIETY

adapted from Shahram Shiva, blog.sivanaspirit.com

1. CONNECT WITH POSITIVE PEOPLE.

Choose to surround yourself with people who will lift you up, not bring you down.

2. FORM A SUPPORT GROUP.

Use a group text, Facetime, or other methods to make a small handful of friends who can encourage each other.

3. CALM YOUR ENVIRONMENT.

If your home is busy and stressful, try to find a quiet space away from the noise.

4. LISTEN TO RELAXING MUSIC.

Whether your preference is worship songs, classical, jazz, or whatever, music can be powerfully soothing.

5. USE SIMPLE BREATHING TECHNIQUES.

Inhale deeply through your nostrils, hold briefly, then exhale through your mouth. You can do this anywhere!

6. BE STILL. PRAY. MEDITATE.

Find a favorite scripture passage or simple prayer to focus on. Even a couple of minutes can help.

7. KEEP YOUR BODY FIT.

Healthy body, healthy mind – dance, go for a walk, stretch, do some basic cardio.

8. ENJOY YOUR HOBBIES.

Don't just sit around; keep yourself occupied and productive. Is there a new hobby you have always wanted to try?

9. STAY HYDRATED.

A stressed-out body gets dehydrated quickly. Keep a water bottle within easy reach throughout the day.

10. LIMIT YOUR MEDIA.

Turn off the news or put your phone down when you find your stress level starting to climb.

11. REPEAT SIMPLE AFFIRMATIONS.

"It will be OK." "We can do this." "God is in control." Find a phrase that puts you in a positive frame of mind.

12. WATCH WHAT YOU EAT.

It's way too easy to snack when we are home all day. Choose fruits, veggies, and protein, and control your portions!