7 WAYS TO EASE YOUR ANXIOUS MIND

1. SLOW DOWN  
   At the first sign of things speeding up—thoughts racing, heart pounding, breathing accelerating—move a little slower.

2. COME TO YOUR SENSES  
   Take a few moments to connect with your five senses to bring you back into the moment.

3. DO A REALITY CHECK  
   Ask yourself, "Is this thought absolutely true?" Chances are your worst fears are just that—fears.

4. RELEASE THE CRITIC  
   Interrupt the self-critic by dropping into your heart and saying, "May I learn to be kinder to myself."

5. LIE DOWN AND LOOK UP  
   Look up at the sky, and watch the clouds for a natural experience of mindfulness.

6. LISTEN  
   As an experiment, take the day and set an intention to listen to the sounds of leaves in the wind, of kids playing, or someone speaking to you.

7. KNOW TRIGGERS  
   What makes you anxious? If you know your triggers, you can prepare soothing practices better.

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