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Creative Ways to Soothe Anxiety

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1. Creative way to soothe anxiety: Double Exhale

When we get anxious people often advise you to “Breathe.” That actually makes a lot of sense. You may even notice when you are upset, excited, restless, etc., your breathing becomes shallow and fast. This IS part of your breath. However, to counter anxiousness it helps to notice your breath, and take an inhale. As you inhale count how long it is. However long it is double that count as you exhale. For example, breathe in to the count of 3 and exhale to the count of 6. Do this for 3-6 cycles, then notice how you feel.

This is a quick way to soothe anxiety and reset your autonomic nervous system.

2. Creative way to soothe anxiety: Move with Your Breath

Standing with your feet on the ground, your arms by your side, as if in a Yoga “Tree” pose. Then bring your hands to your heart in a prayer position and feel your breath, use the Double Exhale from tip#1 for 3 rounds. On the 3rd exhale take your hands down the center of your body as you exhale and on the inhale, extend and open your arms out and up around your body until your palms meet above your head with your arms extended. On the exhale take your arms down the center of your body and repeat the movement of inhaling and extending the arms out and above, creating a circle around your body. Repeat this action 6 times. Pause briefly after 6 and then repeat in the opposite direction for 6 more times. Pause at the end, notice how your body feels. Notice your feet on the floor, the rhythm of your breathing, and the quality of the energy flowing through your body.

3. Creative way to soothe anxiety: Draw a Circle

You will need a blank piece of paper, a dinner size plate, a pencil, and coloring materials (pencils, markers, pastel, etc.).

Start with Double Exhale, and/or Move with Your Breath (tips 1 and 2). Place a dinner plate on a blank piece of paper. Using a pencil trace around the plate so you have circle. Use whatever drawing material, colors, shapes, lines, images, patterns you would like to fill in the page. The Circle is called a Mandala, but you can use the entire page if you choose.

We are not analyzing this, we are simply choosing colors and images that appeal to you to put in your circle. Working within the circle has been proven to calm the mind and focus the spirit.

Once your Mandala feels complete you are finished. Put the date in the front or on the back. Save Mandala for tip #4.

4. Creative way to soothe anxiety: Write about it

You will need paper and pencil or pen and your Draw a Circle from tip#3.

Start with Double Breath and/or Move with Your Breath, then take a look at the picture you made, or did not make, from the last exercise. When any thought, association, feeling, word, etc. comes to mind write it down. This does not need to be linear, logical or edited. We are freeing ourselves to express and create. The only "masterpiece" is your inner voice expressing yourself – good, bad, and real. NO JUDGEMENT

5. Creative way to soothe anxiety: Community

Let's do this one together. I am including a 10-minute mindfulness meditation to calm the mind and body. Have writing and or drawing materials nearby. Start by sitting in a comfortable position, preferably with your feet on the floor, your back supported and you are in a place where you will not be interrupted for about 10-15 minutes. After listening to the audio, take a few moments to write or draw your thoughts and feelings.

Thank you:

It has been an honor to have shared "Soothing your Anxiety" tips with you. If you care to share any feedback from taking this brief course, please know I look forward to hearing from you at mari@marigrande.com.

If you'd like to take your experiences to a deeper level and process more together I'd love to help out. Please contact me directly at mari@marigrande.com and we can set up a time to chat.

You are now on my mailing list, and I will occasionally be sending out new offerings: Groups, workshops, courses.

Look forward to being in touch.

Sincerely,

Mari