



Anxiety Relief During These Crazy Times

Sadie Saccoccie

Graceful Hands Massage Therapy

Lead Snowboard Coach at the Adaptive Sports Foundation

Here are some useful tips and tools to help aid you during these uncertain times. This is all unsettling regardless of if you consider yourself to be someone who battles with anxiety or not, the fear of the unknown is natural during this time. Anxiety isn't a core emotion, but instead it's an inhibiting effect that keeps you from the feelings your feeling by moving you into your mind. Good news is, you are not alone, and there are many ways to alleviate your anxious symptoms with simple techniques that are free and easy to access anywhere and anytime. We are all in this together.

Ways to alleviate anxiety, in no particular order:

- Nutrition, healthy clean foods are best to stabilize our bodies as they find the balance
- Journaling, it can be random words, a story, your feelings, your daily goal or plan
- Emotional Freedom Techniques (Tapping) "I deeply and completely Love and Accept myself"
- Get Offline!!! Shut the TV off! Stay off your phone!
- Make Art, color, paint, collage
- Exercise, get your heartrate up, release endorphins
- Meditate, get grounded, be still, find your breath
- Hydrate, Lots of Water, Vitamin C
- Get Outside, barefoot if possible, feel the energy of Mother Nature from the ground up
- Fresh air & Sunshine, Vitamin D as raw as it gets

- Essential Oils like Lavender, Frankincense, Vetiver, Rose, and Citrus scents can be uplifting as well as peppermint. Whatever you have that calls to you works when it comes to distracting the mind and asking the nervous system to refocus or pause, the nose takes over and will trick the mind away from the panic, or fear you're experiencing
- Decaf Tea, caffeine will increase your heart rate and cause you to feel that racing feeling.
- Declutter your physical space, and mental/emotional space
- Music & Movement, just let go... Dance like no one is watching you
- Stretching whatever feels right for you, or taking some online Yoga classes, Yoga Nidra
- Prayer, sometimes for me what helps most is being grateful with my prayer, it pulls my mind away from the scarcity, fear and panic and pulls me into the mindset of fulfillment ie. I'm thankful for a home, a bed, warm water, a healthy family ... find comfort in all the blessings you already have!
- Pet & Play with your family pet
- Phone a friend, Facetime!
- Self-Massage, hands, feet, shoulders, any areas of noticeable tension
- Breath-Work - Taking Full Deep Breaths
- 3-3-3 Method (list 3 things around you, 3 sounds you hear, and move 3 parts of your body) Wiggle your fingers, toes, rotate your head, ankles, wrists, ANY body part- so long as you are engaging
- Peace Begins With Me - Mudra (Teach yourself, your kids, friends with kids, friends)
- Positive Affirmations/ Mantras "I am loved" "I am safe here and now" "I am whole and valued" "I am the master of my emotions" "I accept and embrace all experiences, even unpleasant ones"
- Plant something, get your hands in some dirt!
- Calming music playing in the background, I have lots of zen music for my massage practice but again Youtube is full of resources, if you know the beach is calming for you pull up a video of waves crashing on the shore and take a moment to just be still, find your breath and feel your feet on the ground anchoring you into your body and out of your head! Or ask "Alexa, play Zen Garden Radio, or Spa Music"
- Weighted Blanket (8-15lbs)

Anxiety can really weigh us down, what is happening in the world is scary, but yet it can also be a beautiful opportunity to reinvent what "normal" is to you and your family. Find your tools and create a toolbox of what works best for YOU! Show up with love for yourself today, and everyday!

Give yourself grace and gentleness for doing the best you can! Meet yourself where you're at, this will continue to come in waves until it passes. Remember, you're not stuck at home, you're SAFE at home! Be proud of yourself and the little shifts you make by implementing these tools!

"When this ends, may we find that we become more like the people we wanted to be, we were called to be, we hoped to be and may we stay that way - better for each other because of the worst." Laura Kelly Fanucci