

Ten strategies for regaining your calm when worry and anxiety rise to uncomfortable levels.

1. **STOP.** Wherever you are in whatever you're doing. Break off. You need to get yourself into a different emotional and mental state.
2. **MOVE.** Change your seat. Leave the room. Walk around. Shake up your molecules so they settle down in a somewhat different place. When your mind gets stuck in a negative spiral, you can unstick it by moving the body.
3. **BREATHE.** When we tense we often hold our breath. Focus on your breathing. Count your breaths quietly till your breathing feels regular and comfortable. Try some abdominal breathing. Stick your stomach out as you breathe in. Breathe from the stomach up into the chest. Breath out from the upper chest down into the abdomen pulling your navel in as you breathe out.
4. **CROSS SEVERAL ITEMS OFF YOUR ACTUAL OR MENTAL 'TO DO' LIST.** A big cause of anxiety is being unrealistic about what you'll get done in any given period of time. For each item, ask: 'What would happen if I didn't do it today?'
5. **LAUGH.** Even if you don't feel anything is funny. Your brain will be fooled into thinking you are enjoying yourself.
6. **ACCEPT CHAOS,** if that's how things feel. Chaos is the raw material from which order is made. Don't try and fight it.
7. **FEED YOUR SPIRIT.** Do something that nourishes you as a person. Not that you think should be good for you, but something you love and can disappear into.
8. **SEEK OUT SOMEONE WHO HAS A CALMING INFLUENCE.** Take in their aura of calm.
9. **GET OUT OF YOUR HEAD.** Share. Talk to other people. Let it out rather than bottling it up.
10. **STRETCH.** Stand on your tip toes, stretch your arms above your head towards the ceiling. Roll your shoulders. Stretch then relax each part of your body.

More tips on regaining your calm in [A Useful Guide to Overcoming Anxiety](#) by [Chris Carling](#).

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