

EASE & GRACE



ANXIETY TAMERS

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so you can find CALM

Top 3 "go to's" to Tame Anxiety and Increase Resilience

1- **Be Curious:** Release any resistance to the anxiety. Sit beside it with a curious mind. Act as if you were a curious child noticing the anxiety.

What does it need? Why is it here? What does it want to say?

2- **Drop In:** Where is the anxiety in or around your body?

Does it have color? texture? shape? vibration? sound?

stillness? pain? buzzing? temperature?

Does it restrict your breath?

3- **Move:** Walk barefoot in the grass/water, stretch, twist, turn,
roll on the ground, run, walk, march, walk up stairs,
and drink water!

***Bonus boost:** Add Rhythm: sway, rock, stomp, walk, run, dance, skip.

OUR FAV: Butterfly Tapping on the chest or shoulders

