7 Simple Ways to Reduce Anxiety at Home

FEEL CALMER. THINK CLEARER. ONE STEP AT A TIME.

A free resource by

Staying Connected Counselling & Psychological Services
Castle Hill, NSW

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CHAPTER I

What is Anxiety?

Understanding anxiety

Anxiety is a normal part of life. It's your body's way of helping you stay alert or safe. You might feel anxious before a test, a job interview or a first date. This kind of anxiety usually goes away once the event passes.

But for some people, anxiety stays longer. It shows up even when there is no clear reason. This kind of ongoing anxiety can affect your daily life, your health and your relationships.

If anxiety feels constant, overwhelming or stops you from doing things you enjoy, you may be experiencing an anxiety disorder.

You are not alone. And help is available.

CHAPTER II

Common Signs of Anxiety

Anxiety is in the body

As the famous trauma expert Dr. Bessel van der Kolk says, *The Body Keeps the Score*. That means anxiety often shows up in your body, not just your mind.

Here are some common signs:

1. Tight chest
2. Fast breathing
3. Pounding heart
4. Trouble sleeping
5. Feeling tired all the time
6. Upset stomach
7. Irritability
8. Trouble focusing
9. Overthinking or racing thoughts
10. Playing old conversations over and over

CHAPTER III

Types of Anxiety Disorder

Genersalised Anxiety Disorder (GAD)

People with GAD worry about many things — work, family, health, the future. The worry feels hard to stop and lasts for months. Even small things can feel big. Many people with GAD struggle with “what if” thoughts and hate not knowing what will happen.

Social Anxiety Disorder (SAD)

This type of anxiety makes social situations feel scary. A person with SAD might avoid parties, speaking in public or even small talk. They fear being judged or embarrassed. This can lead to loneliness and sometimes to using alcohol or drugs to cope.

CHAPTER III CONTINUED

Panic Disorder

Panic attacks are sudden and intense. Your heart races. You feel dizzy or out of control. It can feel like a heart attack. People with panic disorder often fear having another attack, even when nothing is wrong.

Specific Phobias

A phobia is a strong fear of something specific, like flying, spiders or getting sick. The fear feels bigger than the actual danger. It can stop people from doing everyday things.

CHAPTER IV

7 Simple Steps to Reduce Anxiety at Home

1- The 4-4-4 Method

Take slow, deep breaths. Breathe in through your nose for four seconds, hold for four, then out through your mouth for four. Repeat a few times.

2 -Move Your Body

Even a short walk can help. Movement reduces stress hormones and helps your brain focus.

3- Write it Down

Journaling helps clear your head. Try writing down your thoughts or things you're grateful for each day.

7 STEPS TO REDUCE ANXIETY AT HOME -CONTINUED

4- Limit News and Social Media

Too much screen time can make anxiety worse. Take breaks from the news and online scrolling.

5- Set A Simple Routine

Routines give your brain structure. Start with small steps like waking up at the same time or planning your meals.

6- The 5-4-3-2-1 Grounding Technique

Look around you. Name five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. This helps bring your focus back to the present.

7- Talk to Someone

Sharing how you feel can lift a heavy weight. You don't have to go through this alone.

When It's Time to Get Support

Get support if...

Home strategies are a good start. But if your anxiety keeps coming back, feels out of control, or stops you from living fully, professional help makes a real difference.

At **Staying Connected Counselling & Psychological Services**, we help people just like you. Our methods are backed by research and tailored to your needs. We work with the whole person — mind, brain and body — to help reduce anxiety and build lasting calm.

CONCLUSION

You're Not Alone. We're Here to Help.

Anxiety is common. But it doesn't have to control your life.
You deserve to feel safe, calm and connected.
Whether you're dealing with constant worry, panic attacks or fear of social situations, we're here to help you take the next step.

Book a session today. Let's work together to help you feel more in control.
👉 Chat with us on 0420201471
👉 Or book online at www.stayingconnected.com.au