

# 7 All Natural Anxiety Tips for Quick Relief

By Dianne Ruth, Ph.D.



Are you anxious, stressed, worried? Do you suffer from overwhelming fear? One or more of the following suggestions may help you to quickly feel calm and relaxed.

- 1. Sniff a green-apple scent.** The next time you feel overcome with anxiety, try it. You can find this green-apple smell in candles to bath soap including the “real thing,” a green apple. In general, smelling any natural fragrance which really appeals to you can help relieve anxiety.
- 2. Move the anxiety up one inch.** Focus inward and identify exactly where and what you are experiencing. For instance, your breathing is ragged, your heart is pounding and your shoulders are tense. Imagine these feelings are like patches of dark clouds that are connected. Visualize shifting this connected pattern of “dark clouds” up one inch at a time, maintaining awareness of the differences in feelings, until you have moved them all up and out the top of your head.
- 3. Twiddle your thumbs.** Can't sleep—feeling anxious and worried? Feeling out-of-sorts, confused, nervous, forgetful, restless and grumpy? Lace the fingers of both hands together and rotate your thumbs around each other in a forward, or away from you, motion. (If you twirl your thumbs toward you, your feelings may get worse!) This magical little process will balance your energy quickly and effectively, bringing feelings of peace.
- 4. Use simple self-hypnosis.** Having prepared for bed, you find yourself drifting down into that unique place between wakefulness and sleep. You are experiencing a normal and natural state of self-hypnosis also called the hypnagogic state.

While in this comfortable state of being, you can mentally give posthypnotic suggestions to your subconscious mind that you will unconsciously carry out the following day. One example might be: “When I wake up, I will feel awake, alert and energized. I will stay calm, relaxed and in control all day long.” Repeat your positive suggestions several times like a mantra or an affirmation. If you do this for several nights in a row, the suggestions become even more powerful.

- 5. Pat under your eyes.** Patting gently on this meridian point about 10 or more times with your fingertips releases anxiety, fear, nervousness, emptiness, and worry. This point is found on the bony ridge at the top of your cheekbone, about an inch directly below the pupil of the eye. It does not matter which side of the face you pat on. You can alternate between the right and left side, pat both sides at once, or pat on only one side.
- 6. Smile and breathe.** When you smile, whether you feel like it or not, you trick your mind into believing everything is okay! Did you know it is impossible to maintain feelings of anxiety when you are breathing mindfully, fully and deeply?
- 7. Air raid siren.** This easy technique calms the entire nervous system and gives you back a feeling of being focused and grounded. Begin by making a sound like an air raid siren. At the top of your voice range, hum as you slowly gradually slide your voice down to the bottom of your range. Take a deep breath and notice how much better you feel.

The above tips are designed to help manage feelings of anxiety naturally. They are not intended to replace the help of a trained professional.

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**DR. DIANNE RUTH** PhD in Psychology • **Anxiety Care Coach & Short-Term Holistic Counselor**

**Email:** [DrRuth@AnxietyCareCoach.com](mailto:DrRuth@AnxietyCareCoach.com) • **Website:** [www.AnxietyCareCoach.com](http://www.AnxietyCareCoach.com) • [www.DynamicResources.net](http://www.DynamicResources.net)  
1761 Hotel Circle S, Ste 206 • San Diego CA 92108-3318 • iPhone (619) 961-7500 • Main (858) 560-0439

