

GAD Worksheets

Following are the ways to deal with and calm your generalised anxiety disorder:

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important; running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. They're also less stressed, angry, anxious, and depressed. It doesn't matter what kind of exercise you do, so long as you do it regularly.

Balanced diet:

As it is said, you are what you eat, so eat healthy so that you don't have to diet or end up restraining yourself from some food items. Eat a well-balanced and healthy diet.

Make self-care a part of your routine.

Engage in self-care activities and make them a part of your routine, do them twice a day or every day, whenever possible. Push yourself to practice self-care.

Practice Gratitude:

Gratitude doesn't have to be saved for the big things in life. Simple things like good weather and sunny days can be a reason to be grateful. They are simple reminders to yourself to achieve inner peace and mindfulness by spending the day with your loved ones, enjoying nature, and appreciating your subordinates to facing.

Deep Breathing

Breath in and breathe out 3 -5 times in a day, 4 seconds inhaling, 4 seconds holding your breath, and 4 seconds exhaling. This is how you are supposed to do deep breathing.

Relaxation Techniques

Progressive Muscle Relaxation and Yoga are some options you can try whenever you feel that you are unable to control your anger.