

## **GAD Worksheets: Version 2**

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

- Do deep breathing.
- Have your worry and stress tool in which you keep your stress busters tools, e.g., calming pillow, scented candles, or favourite perfumes.
- Do regular exercise.
- Do simple grounding exercises.
- Connect with nature.
- Practice Mindfulness exercises.
- Avoid alcohol and any caffeine.
- Go for a walk.
- Count to 10.
- Keep your favourite scented worry calming candles or scents.
- Take 8-9 hours of sound quality sleep.
- Know your triggers and walk away from them.
- Engage in any healthy activity. E.g., take up a hobby.
- Do gardening.
- Give yourself positive and healthy motivational self-affirmations.
- Play tennis, cricket or any other sport.
- Try to disengage from any negative thoughts or behaviour.