

# Four Core Strategies to Neutralize Stress and Anxiety

There are 4 sets of strategies that can help you manage stress and anxiety in a positive and empowering way. Each of these can be helpful because they highlight what is meaningful in your life. Allowing you to shift your mind away from fear and worry.



## Foundational Attention Centering Techniques

The FACTS: the facts are things like meditation, breathing, visualization. They allow you to focus your attention in different ways, and ground yourself in the present.

## Expressive-Creative Strategies

To find expression for the turmoil that is going on within you. Expressive Arts, like drawing, painting. Active Creative Activities-problem solving in terms of inventing something or fixing something, where your attention is on using cognitive processes in the service of creativity. Creating arts as well as daily living activities, like fixing a car, working on a car. Or, Physical Movement-dance, sports, athletics, things where you are engaging in expression.



## Reflection Exploration Strategies

Reflection Exploration Strategies, another set of techniques for managing stress and anxiety-journaling, writing, avenues for reflection where you can step back and ask yourself about, "What am I thinking?" "What am I feeling?" "When do these things come up?" "What triggers my anxiety?" Reflection exploration is about getting to know yourself better and observing your own thoughts.

## Healthy Lifestyle and Values Congruent Self-Care

What kind of healthy habits can you develop? The healthy habits that relate to diet, nutrition, and exercise all help with anxiety and stress management. Healthy relationships, healthy pleasure.



Feeling stressed or anxious? Lev Counseling can help you manage your stress and regain control of your life. Contact me for a complimentary consultation.

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