

Transition Anxiety First Aid Kit

If you have a plan in place, and regular daily practices, transitions can be full of ease and joy.

- Michelle Ann Collins

Transitions, whether desired like a marriage or kids going off to college, or undesired, like a pandemic, the end of a relationship or loss of a loved one, can cause anxiety. Practices to support your mental, emotional and physical health are especially important during times of transition. Regular practices for mental and emotional health are vital so when things happen, and they will, you will be your strongest self and the discomfort of anxiety will be much easier to manage.

Use these 5 simple practices, when you notice you are feeling anxious. Even if you aren't in transition, these practices release tension in your mind and body, and balance your energy!

To know more about how mindful practices can relieve stress and anxiety, contact Michelle.

Breathe

It's that simple. When anxiety hits, your first line of defense is your breath. Find a comfortable seat and bring your hands to your belly.

Breathe deeply and slowly making sure your belly is expanding with your inhale. Count slowly to 4 while you inhale, hold for 2 then release your breath slowly for a count of 6 or even 8. Repeat at least three times.

When you focus your attention on your breathing, you slow down your breath, calm your nervous system, and relieve your anxiety!

Sense

When you are feeling anxious, you are worrying about the future or wishing you could change the past. When you come into the present moment, first by breathing, then using all of your senses, you worry less. Be still for a moment and notice your experience with all of your senses. What do you see, smell, feel, taste and hear? During this awareness practice you will be brought to the present and let your worries go!

Gratitude

Gratitude has been scientifically proven to improve mood. Simply think of 3 things you are grateful for, write them down and focus on them.

This is a great practice to do when you wake up, anytime you're feeling anxious, and especially just before bed.

Go Outside

Nature is a powerful healer. Primordial sounds like birds, wind, ocean or stream sounds calm and soothe the mind and body. Go outside and sit or walk in nature. Be mindful and present, focus your awareness on what you see and smell and hear. Notice the texture of the grass or bench you sit on, smell a flower or a mossy tree. Feel the breeze on your skin. When you are present to the experience of nature, you are not worrying about the future or the past. Practice: BE WHERE YOU ARE.

Move

Anxiety and other mental/emotional challenges can get stuck in the body. A mindful movement practice can release this stuckness and help you feel more calm. If you know yoga, a slow mindful sun salutation is perfect. If not, then stand with your feet shoulder width apart and pay attention to your breath. Stretch your arms overhead as you inhale deeply, then fold forward as far as is comfortable as you exhale. Inhale back to standing and into a sidebend to the right. Exhale back to center then inhale into a left sidebend. Exhale back to standing and, with your hands on your hips, lift your chest and look up, as you inhale open your heart upward and get a tiny back bend going within your comfort and ability. Exhale back to center. Take a deep inhale then twist your torso to the right as you exhale, inhale back to center. Exhale as you twist to the left and inhale back to center. This simple movement practice can balance your energy and calm your mind.