

# 10 Things to Reduce Anxiety in 1 Second

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One second. That's all it takes to make reduce anxiety and make your life happier. Don't believe it? Then check out this list.

## 1. Smile

Smiling will help you feel better instantly. A smile naturally lowers your blood pressure and improves your immune system; so start flashing those pearly whites.

## 2. Laugh out loud

Laughing is “nature’s best medicine” and will relieve physical stress and tension, leaving your muscles relaxed for up to 45 minutes afterwards.

## 3. Take a calming breath

Deep breathing is one of the best ways to reduce stress and create calm. Take a second or two to focus on nothing except your breath. You'll find yourself feeling calmer in no time.

## 4. Shut off your phone

We live in a society inundated with smartphones, computers, tablets, televisions, and other technological advances. Turn off the technology for a while and let yourself notice the awesome world around you.

## **5. Take in your surroundings**

Give yourself permission to focus on simple pleasures. Notice the colour of the sky, the breeze or even an insect meandering along the pavement. Noticing the simple things brings calm and clarity.

## **6. Take a sip of water**

Drinking water can keep you hydrated, control calories, filter your kidneys and maintain healthy skin. Take a sip and appreciate this life-giving gift.

## **7. Give thanks**

Being thankful allows you to step outside your hectic life for a moment and appreciate all that you have.

## **8. Spend time on yourself**

Take a second or two to spoil yourself and book in a massage, pedicure or just take a stroll around the block.

## **9. Ditch some sugar**

Sugar impairs both our cognitive (thinking) skills and self-control. So, take a little less sugar in your tea/coffee or swap to a healthier alternative. You'll feel calmer and think more clearly in no time.

## **10. Practice self-forgiveness**

Forgive past mistakes and be kind to yourself. Pick one thing and say out loud: "Right now I forgive myself for ... ". This one quick step will eliminate self-doubt and make you feel amazing.