



# Mindful Parenting

## — 15 Calming Exercises for Anxious Moms —

1. **Vocalize your fears.** Call a trusted friend and voice your worries.
2. **Disengage.** Remove yourself from anxiety-inducing situations and take a moment to breathe.
3. **Get on the HIIT bandwagon.** Research shows that high intensity interval training lessens anxiety.
4. **Apply the 5 minute rule.** Let yourself freak out for 5 minutes, then let it go and focus solely on what you have control over.
5. **Channel RuPaul.** When an anxious thought pops up, say, “Thanks for sharing, but we’re not doing that today.”
6. **Walk it off.** At the onset of anxiety, take a brisk walk.
7. **Scan the room.** When in the midst of acute anxiety, start scanning the room and labeling what you see- “there’s the door, there’s a wood coffee table, a framed photo, a crack in the ceiling...”
8. **Find the feeling.** Locate the anxious feelings in your body (tight chest, clenched jaw, stomach in knots) and breathe into it.
9. **Name it to tame it.** Write out all your anxious thoughts in a journal.
10. **Identify the facts.** When you get bombarded with anxious thoughts, stop and ask, “What are the facts?”
11. **Count your sheep.** A good night’s sleep can do wonders for decreasing anxiety.
12. **Keep your enemies closer.** Instead of trying to “get rid” of anxiety, make it your friend. When an anxious thought comes in, say, “thanks for trying to help, but I don’t need you right now.”
13. **Laugh it off.** Call your funniest friend or turn on your favorite comedy and have a good laugh.
14. **Release the black cloud.** Visualize your anxiety as a black cloud inside your body. On your in breath, picture it moving up your body and on your out breath, picture it moving out through your mouth.
15. **Just breathe.** Put your hands on your belly and take slow, deep belly breaths.