

How to overcome anxiety at work

and stay productive, even if you don't feel like it



01. Try deep breathing technique - needs practice

Write down your feelings and accept them

02.

Take a coffee break with someone you like

03.

Listen to your favourite music

04.



05. Give yourself a time off - take a walk, do some stretching or dance

06. Smile even if you don't feel like it

There is scientific evidence that smiling can help the body and mind recover from stress

07. Eat some dark chocolate to produce endorphines



08. Try Power Napping to gain some extra powers

Avoid conflicts with co-workers, prioritize and organize your work to stay focused

09.

Make your own list of values or other things that resonates you

10.

Take a look at this list every time you need to gain a bigger picture and keep emotionally stable



Just Breathe 10 Ways To Overcome Anxiety

SJ Ball



Just Breathe 10 Ways To Overcome Anxiety:

Embracing the Track of Expression: An Psychological Symphony within **Just Breathe 10 Ways To Overcome Anxiety**

In a global eaten by monitors and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony created by the published term usually diminish in to the background, eclipsed by the constant sound and disturbances that permeate our lives. But, located within the pages of **Just Breathe 10 Ways To Overcome Anxiety** a wonderful fictional value filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts viewers on an emotional journey, well unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths with this moving examination, we shall explore the book is main harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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