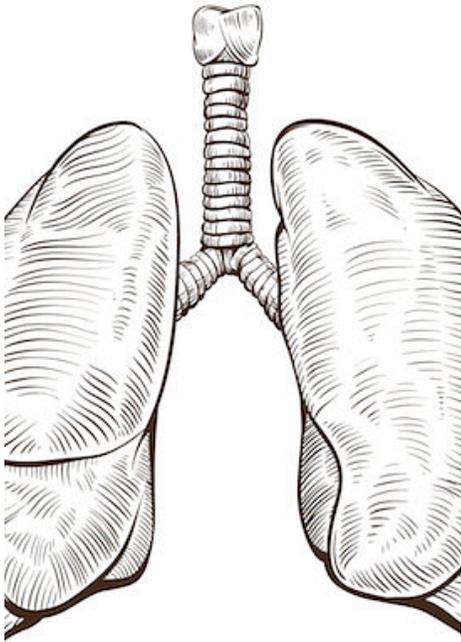


GET BREATHING



People keep talking about the magic of breathing. It's not magic, it's science. Pay attention to your breath and breathe with intention. Meditation and breathing are called a "practice" because, you guessed it, it takes practice. And the whole process of practicing is what helps create calm.

Set your alarm for 5 minutes. (Even 1 minute is valuable!)
Breathe in for 4 counts and out for 6.
Do it until your alarm goes off.
Try it everyday for a week.

Take it to the next level. Do 4:6 breathing the moment you feel your stress and anxiety start ramping up.

10+

Ways To Reduce Your Stress and Anxiety

RIGHT NOW!

GET CREATIVE

- Make a collage
- Write poetry
- Journal
- Paint/Sculpt/Draw
- Coloring book
- Work on a spreadsheet
- Blow bubbles
- Doodle
- Knit
- Make a vision board
- Cook

GET GROUNDED

Name 3 things you can see.
Name 2 things you can touch.
Name 1 thing you can hear.

Then, feel both of your feet on the ground.. Where do you feel the most pressure on your foot? What's the temperature of your feet?





WHY THIS MEANS SO MUCH TO ME

I'm Amanda Blitzer and I'm a Life Coach for people with anxiety and depression. I have been dealing with bipolar disorder, depression, and anxiety since I was a teenager. There have been times in my life when I couldn't get out of bed, or my chest was searing with anxiety, it felt like every time I tried to do better I was knocked down. Life was just about getting through the day. Depressing in every sense of the word!

I used a lot of the coping strategies listed here. I took small steps everyday. Small steps led to big steps like living in East Africa and owning my own business. I continue to work on managing my stress, being proactive when I notice symptoms, living my passion, and fighting stigma.

My hope for you is some relief. If I can do it, I truly believe it can happen for you, too!

Are you ready to...

STOP GETTING BY, START GETTING HAPPY

STOP BEING STUCK, START TAKING ACTION

Take the next step...

I'm offering a free 1 hour Stress and Anxiety Reduction Session to people who want to talk about their next step towards living their life with confidence, motivation, and freedom from stress, anxiety, and depression. Interested? Email me at amanda@amandablitzer.com or go to www.amandablitzer.com

