

ANXIETY RESOURCES



Breathing for anxiety:

[Breathing with Dr. Jo](#)

[1:2 breathing](#)

[Belly breathing](#)

[Box breathing](#)

Breathing meditations ([link 1](#)) ([link 2](#)) ([link 3](#))

Other techniques backed by research:

Grounding ([link 1](#)) ([link 2](#))

Neuroplasticity ([rewiring your brain](#))

Turning on your parasympathetic response ([4 techniques](#))

Cognitive Behavioral Therapy ([CBT](#))

Listen to “[Weightless](#)” by Marconi Union to decompress, calm, and regulate (recommended by Dr. Nicole LePera)

More information:

[National Institute of Mental Health](#)

NIMH - [Anxiety Disorders](#)

[Anxiety and Depression Association of America](#)

[Centre for Clinical Interventions](#)

[American Academy of Child & Adolescent Psychiatry](#)

If you are struggling with anxiety, please feel free to email me at christa@cocumelliwellnesscollective.com to chat.