



Reducing Anxiety

Minor Levels of Anxiety

- Stress management program
 - Relaxation (calming music, sanctuary without interruption, massage, deep breathing and positive thinking)
 - Achievement (doing something easy)
 - Distraction (preferred activity)

Moderate Levels of Anxiety

- Physical activity (going for a walk, riding a bike, swinging)

Severe Levels of Anxiety

- Medication treatment coupled with cognitive therapy (changing the way a person thinks and reacts to the anxiety).

Prolonged Severe Stress→OCD