

I am so worried about the exam that I can't even fall asleep

Deleted by [deleted] 2014-03-02T03:02:51

Does watching a situation where you're anxiety would kick in big time from AFAR still give off bad vibes?

4 comments

Posted by Anxiouself 2014-03-02T01:55:03

My anxiety is becoming overwhelming... any thoughts?

1 comments

Posted by inOvis 2014-03-02T00:49:36

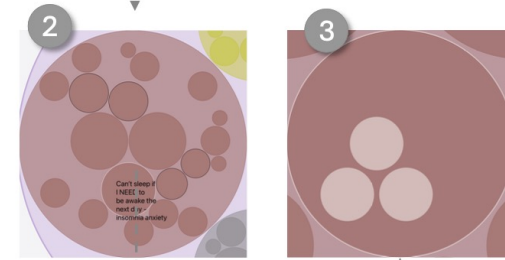
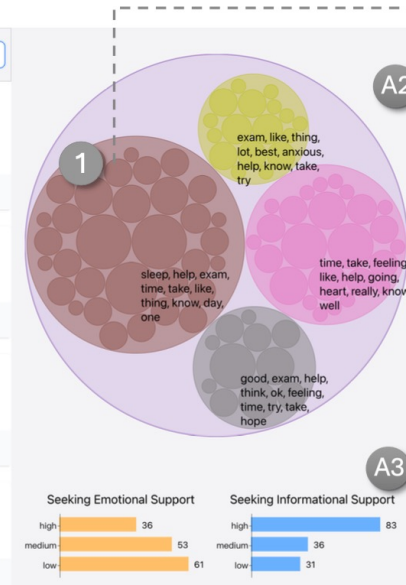
It was almost over, but today I started again (but less :)

3 comments

Posted by MiParker12 2014-03-01T20:19:31

Anyone get short sharp panic attacks?

2 comments



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4:12:58

Highlight Question

Highlight Question

Recolor Question Clear

HEX #FFFF88

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SilverCCT 2017-07-19T06:22:24

Drink some Chamomile tea. It will help you calm you down. Practice deep breathing techniques in addition. The goal is to get to bed relaxed, but make sure you're sleepy

thingsarestuffk 2017-07-19T18:14:07

Strategies f...

Highlight Summary Mind Map

4

Putting on some really nice music (like lofi) really helps too, focus on your body instead of your thoughts

Really push yourself to what you know you can safely handle even if you don't think you have the energy.

Adding ambient music helps too.

Drink some Chamomile tea.

Taking a melatonin supplement an hour or two before bed helps me sometimes.

B2

C

Try to focus on relaxing your muscles and additionally... don't try to think

From a physiological perspective, could you explain how focusing on relaxing muscles can impact the body's stress response?

From a psychological standpoint, what techniques can be used...

From a physical therapy point of view, what specific muscle...

+ New Question

5

Highlight Summary Mind Map

Strategies for Relaxation and Improved Sleep

- Incorporate Soothing Music:** Playing calming music, such as lofi or ambient tunes, can significantly enhance relaxation by allowing you to focus on your body rather than your thoughts. This can be an effective method to create a peaceful environment for decompression.
- Exercise Within Comfort Limits:** Motivate yourself to engage in physical activity up to the extent that you know is safe for you, even when you feel low on energy. Pushing yourself within safe boundaries can help in improving overall well-being.

