

Anxiety Coping Strategies

When anxiety, fear, and worry start to creep in or you begin to feel your heart racing and your breathing increase, try a few of these techniques to help decrease anxiety and calm your mind.

Breathing Techniques

- 4-7-8 Breathing - breathe In for 4 seconds, hold for 7 seconds, breathe out for 8 seconds
- Deep Belly Breathing - slow and intentionally breathing using the muscles In your belly and not the muscles In your shoulders and chest
- Square breathing - find a window or a door frame and start with your eyes on the bottom left corner. Take a deep Inhale while moving your eyes up the window, exhale while moving your eyes across the window, Inhale while moving your eyes down the window, and exhale while moving your eyes across the window. Remember to breathe slow and deep

Observational Grounding

- take moment to really pay attention to what is around you. Identify out loud one thing you can see, one thing you can smell, one thing you can taste, one thing you can hear, and one thing you can feel.

Use your 5 Senses to Calm Your Brain

- Smell - sniff peppermint or lavender oils or strong candles
- Taste - eat a sour or minty piece of candy, chew strong gum
- Touch - rub your fingers along a textured surface like light sand paper or a scrubby sponge, holding a weighted pillow or blanket
- Hear - play your favorite music
- See - turn on a favorite TV show or movie, look through some favorite pictures

Tapping Distraction

- lightly tapping areas such as the middle of your forehead, temples, eyebrows, chin, collarbone near the shoulder, or underneath your nose can refocus your brain on the input it is receive and can consequently decrease the amount of anxiety you feel