


Ultimate Anxiety Coping Strategies

Keep this list handy as you try different strategies from Chapter 3. Color the heart for the ones you like.

 *Giant Bubble Breathing* *2-4-6-8 Breathing* *Belly Breathing* *My Safe Place Visualization* *My Rainbow Visualization* *Storytelling your visualization* *Drawing your visualization* *Worry Box* *Fidget Tools* *Anxiety Toolkit* *Thinking Spot*