



My Anxiety Coping Toolkit

A BroknOpen grounding and coping worksheet



Anxiety can feel overwhelming, but you have tools that can help.

Small coping strategies can calm your body, quiet your mind,
and bring your nervous system back to the present.

Use this toolkit to build awareness and create your go-to list. ♥



TOOLS I CAN REACH FOR



Deep Breathing

Breathing exercises that help me
feel calmer:



Grounding

Ways I can bring myself back
to the present:



Movement

Physical activities that help
release tension:



Small Goals

Small, manageable steps
that support me:



Creative Outlets

Creative activities that help
me express and reset:



Support People

People I can talk to or
turn to for support:



5-4-3-2-1 GROUNDING CHECK-IN

5

things
I can see

4

things
I can touch

3

things
I can hear

2

things
I can smell

1

thing
I can taste



REFLECTION

♥ What helped the most today? _____



Small tools can create big relief.

