

ABC'S OF ANXIETY COPING STRATEGIES

AWARENESS

Pay attention to your body sensations. Smell the air outside and feel it in your body. Eat a sour lemon. Hold ice or splash your face with cold water.

AFFIRM

When heightened emotions occur, listen to music and try to read or listen to something affirming or inspiring that can change your stuck thoughts.

BREATHE

Take centering breaths and visualize the kindness and nurturing you need. "I am safe. I am loved. I am enough."

BILATERAL MOVEMENT

Hold an object in one hand moving your arm across the center of your body, touching it to your chest, then pass it to the other hand. Do this repeatedly for 3-5 minutes.

CHUNK

Take apart your tasks and chunk them in to small, manageable pieces.

COUNTER

Do something that created a counter emotion. Watch a funny show, listen to good feeling music, read quotes that inspire, look at great art.

DISTRACT

Practice a hobby, watch a video, go for a walk, play a sport, cook, garden, go fishing, go shopping, make art or music.

EVIDENCE

What factual evidence do you have right now, presently, that supports your thought?

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