

# TOOLS FOR COPING WITH ANXIETY

When you feel anxious, stressed or panicked try applying these strategies.



## At Bedtime

- Create a sleep routine
- Stretch/yoga/grounding
- Read
- Sleep meditation
- White/Pink Noise
- Mind racing? Make a to do list
- Journal-Write it out
- Limit media/social media



## Coping Tools

- Admit your reaction/emotion
- Identify triggers
- Meditate
- Challenge your thoughts
- Replace negative with positive
- Exercise
- Eat nutritious meals
- Listen to music
- Clean or organize (create order)
- Limit caffeine & alcohol



## Grounding Techniques

- Rate the anxiety from 0-10
- Combat/box breathing
- Visualize a safe/calm place
- Mindfulness meditation
- Distract with humor
- Get outside-go for a walk

