

Breathe in and out.

Deep breathing helps you calm down. While you may have heard about specific breathing exercises, you don't need to worry about counting out a certain number of breaths. Something fun is below:

Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



Follow the 3-3-3 rule.

Look around you and name three things you see. Then, name three sounds you hear. Finally, move three parts of your body -- your ankle, fingers, or arm. Whenever you feel your brain going 100 miles per hour, this mental trick can help center your mind, bringing you back to the present moment,

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



Just do something.

Stand up, take a walk, listen to fun music you can dance to...just be silly! any action that interrupts your train of thought helps you regain a sense of control

Watch a funny video.

This final tactic may be the easiest one yet: Cue up clips of your favorite comedian or funny TV show. Laughing is a good prescription for an anxious mind. Research shows that laughter has lots of benefits for our mental health and well-being; one study found that humor could help lower anxiety as much as (or even more than) exercise can.

- Reruns of America's funniest videos
- Animal video...watching puppies always make me feel better
- Even better make your own videos with your family.

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911