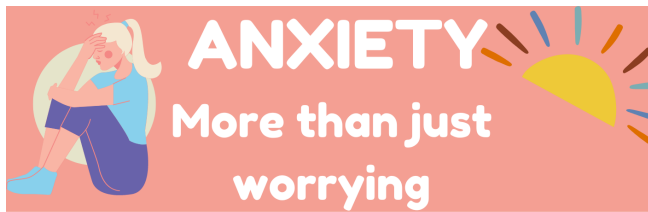


Anxiety Coping Skills

From the original “Anxiety Coping Skills.pdf” · 18 pages

What this is. The original handout (18 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.



What is Anxiety?

A worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a type of thinking, often about something that might happen in the future, leaving you feeling frightened, nervous, or anxious. Some people call it worries, anxiety, or stress.

Everybody experiences fears; however, if you are starting to feel worried more often or can't seem to stop thinking about your worry, leaving you feeling upset, you may be experiencing anxiety.

The distress from anxiety often interferes with a person's ability to lead an everyday life. For example, they often feel very nervous about the potential dangers of what could or might happen in certain situations, leaving them feeling constant fear, frozen with fear, stressed, and overwhelmed.

Anxiety disorders include phobias, panic, social, and generalized anxiety disorders.

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HAVING ANXIETY IS NOT A SIGN OF WEAKNESS

ANXIETY IS A REAL ILLNESS THAT NEGATIVELY AFFECTS HOW YOU THINK, THE WAY YOU FEEL, AND HOW YOU BEHAVE.



BODY

Stomachaches, cramps, constipation, fatigue, aches and pains, weakened immune system, weight fluctuations.



THOUGHTS

Bias perception, unhelpful thinking, fearful, extreme worrying, having trouble concentrating, worrying about things in the future. "What if?"



BEHAVIOR

Staying inside a lot, loss of interest in activities, withdrawal from people, feel unable to go to work, or avoid certain places.

WHAT'S WEIGHING YOU DOWN?



STRESS



ANXIETY



GUILT



SHAME



FEAR



HOPELESSNESS



NERVOUSNES



GRIEF



PAIN



NEGATIVITY



RELATIONSHIPS

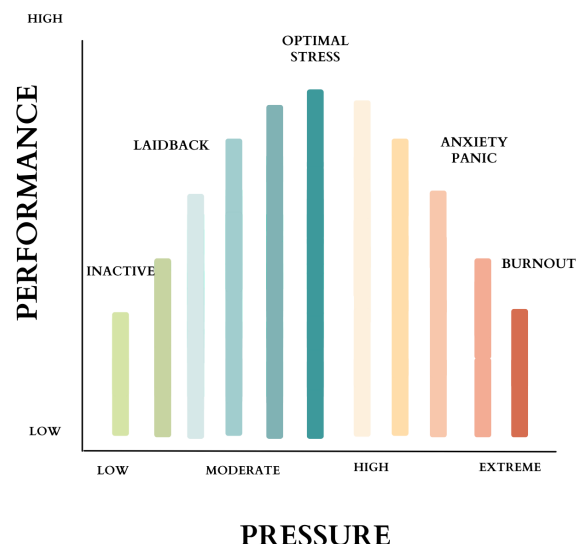


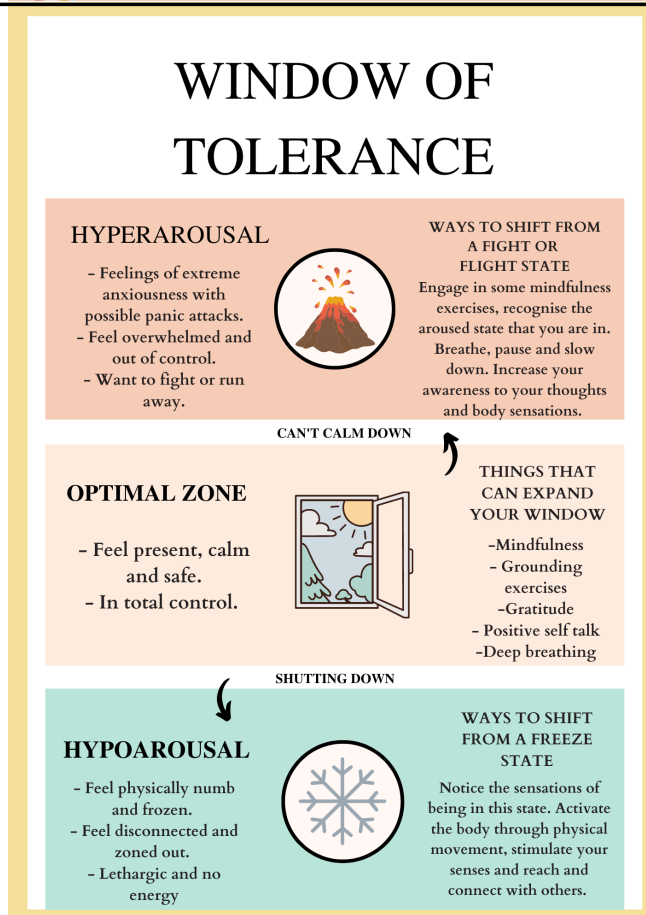
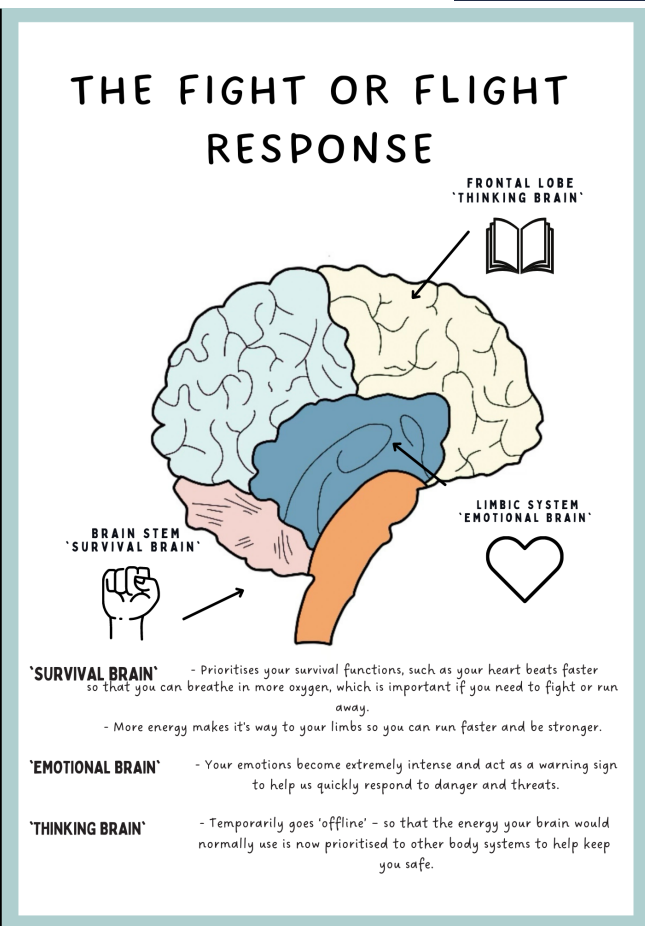
WORK

COUNSELLOR
- CRONAN -

THE STRESS CURVE

CHECK IN WITH YOUR STRESS LEVELS
BEFORE YOU BURNOUT





THOUGHT STOPPING TECHNIQUE

S

STOP

Interrupt your negative thinking with the command STOP! and pause with what you were doing.

T

TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down.

O

OBSERVE

Observe your thoughts, feelings and behavior. How does your body feel?

P

PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time.

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Mental exercises

Name all the objects
that you can see
in the room.

Did you notice anything new?

What do you like about this room?

What do you dislike about this
room?

Find an object in the room and
think about how you would draw it
in your mind.



RAIN TECHNIQUE



R

Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors that are affecting you.

"I have butterflies in my tummy and I am feeling nervous"

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations that you have recognized simply be there.

Pause and relax your body.

I

Investigate with kindness.

Simply pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not the emotion.

Your sense of who you are is not fused with any limiting emotions, sensations, or stories.

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ANXIETY

COPING STATEMENTS

THIS FEELING WILL
PASS

MY ANXIETY DOES
NOT DEFINE ME

I AM SAFE AND
I WILL BE OK

NOT ALL THOUGHTS
ARE TRUE FACTS

I CAN COPE. I AM
STRONG

JUST KEEP BREATHING

REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive, productive thinking.

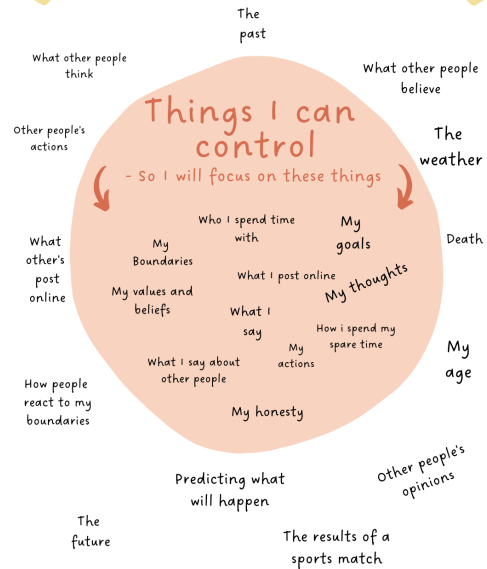
Instead of..	Try..
Everyone is going to stare at me	People might look at me because they like my outfit
What if I make a mistake	
I won't know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come last	

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"Feeling upset about something outside of your control is like sitting on a rocking chair....
It gives you something to do, but it doesn't get you anywhere"

Things I can NOT control

- So I can let Go of these things



CIRCLE OF CONCERN

How reactive people act
Large circle of concern and small circle of control. A lot of time and energy is wasted reacting to issues they can't control.

CIRCLE OF CONCERN
CIRCLE OF CONTROL

How proactive people act
Small circle of concern and large circle of control. A lot of time and energy is focused on issues that are in their control.

Take 5 Breathing

1. Stretch your hand out.
2. Get the pointer finger of your other hand ready to trace around your hand.
3. Trace your finger around each finger on the other hand slowly.
4. Whilst you are tracing breathe in through your nose and out your mouth.
5. Keep going until you have traced around your whole hand.
6. Keep repeating until you feel calm again.



ANXIETY COPING STATEMENTS

THOUGHTS
ARE NOT
FACTS

I AM
SAFE IN
MY BODY

ANXIETY
IS A NORMAL
HUMAN
EMOTION

I TAKE
CARE OF
MYSELF

THIS FEELING
IS A FALSE
ALARM. I AM
SAFE

IS THIS
THOUGHT IN
OR OUT OF
MY CONTROL?

I DO
NOT NEED
TO SOLVE
THIS FEELING

ANXIETY IS NOT
ALWAYS A SIGNAL
THAT SOMETHING IS
WRONG

MY BRAVERY IS
STRONGER THAN
MY FEAR

I CAN FEEL
ANXIOUS AND
STILL HANDLE
THIS

I NEED TO TRUST
THE
PROCESS.
I AM OK

MY FEELINGS ARE
NOT ALWAYS
RATIONAL

I AM
BRAVE

IF I REMAIN CALM I
CAN OVERCOME
THIS

Hands and toe awareness

1. Clench your fist. Imagine you are holding a lemon and you are trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly 10 times.

2. Rub both of your hands together quickly, feel the friction between your hands. Can you feel heat? What else can you feel?

3. Place both feet flat on the floor. Wiggle your toes. Feel the sensation. Curl your toes, uncurl your toes. Repeat 10 times whilst trying to curl one toe at a time.

I am SMART

I am BRAVE

I am STRONG

I can do HARD THINGS

I am LOVED

I am IMPORTANT

I am CAPABLE

I am ENOUGH

I am ME

SPEAK KINDLY TO YOURSELF

I CAN
TAKE CARE
OF
MYSELF

I AM IN
CHARGE OF
MY
DESTINY

IT'S OK
TO MAKE
MISTAKES

I'M FLAWED
AND STILL
FABULOUS

I AM
WORTHY
OF LOVE

I MAKE
PEOPLE
SMILE

I BELIEVE
IN ME

I AM A
GOOD
PERSON

TODAY
MY DAY'S



TYPES OF SELF-CARE

- 1 PHYSICAL** Sleep, stretching, physical activity, healthy eating and rest.
- 2 EMOTIONAL** Stress management, gratitude, acts of kindness, forgiveness and compassion.
- 3 SOCIAL** Personal boundaries, support systems, positive social media and spending time with loved ones.
- 4 SPIRITUAL** Time alone, space, yoga, meditation, mindfulness, connection and nature.
- 5 PERSONAL** Hobbies, self-identity, doing the things that bring you enjoyment.
- 6 SPACE** Safety, organization, clean and tidy, security and stability.
- 7 WORK** Time management, work boundaries, break time and knowledge.

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Neck and shoulder awareness

Sit comfortably and breathe in and out slowly. The aim of this exercise is to notice how each part of your body feels.

Start at the top of your head, can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you feel your hair tie?

Start to make your way down to your shoulders, can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Do a few neck stretches, turn your head to the left and slowly to the right.

Breathe in and out and repeat until you feel calm again.

NOTES TO SELF



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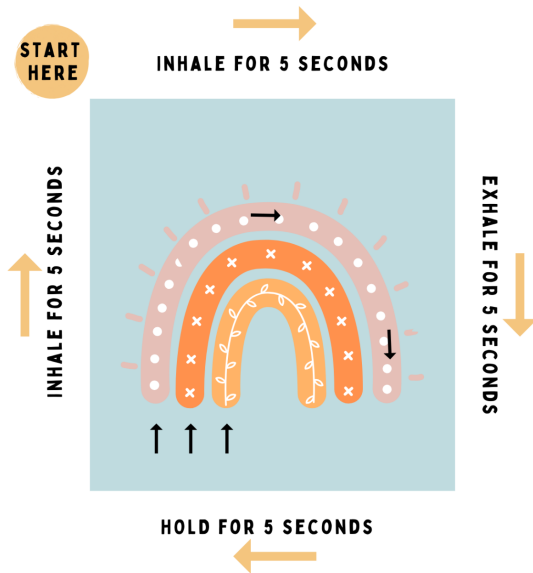
5-4-3-2-1 GROUNDING TECHNIQUE

Take a deep breath and identify

- 5 Things you can SEE
- 4 Things you can FEEL
- 3 Things you can HEAR
- 2 Things you can SMELL
- 1 Thing you can TASTE



BOX BREATHING



THINGS TO RELEASE



Full body stretch

Stand up straight. Place both feet shoulder width apart.

Find your balance.

Slowly stretch your arms up high, imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your finger tips and feel the stretch in you toes, calves, back, shoulders, arms and fingers.

Relax for 10 seconds

Repeat 10 times or until you feel calm again.



DO GOOD
AND GOOD
WILL COME
TO YOU



ANXIETY TRIGGER CHECKLIST



☐ Being left alone	☐ Going to new places
☐ Meeting new people	☐ Large crowds
☐ Watching scary shows	☐ Getting in trouble
☐ School	☐ Homework
☐ Going to the doctors	☐ Loud noises
☐ Public speaking	☐ Certain animals
☐ Parents fighting	☐ Watching the news
☐ Birthday parties	☐ Doing a performance in front of others
☐ Playing sport	☐ Making new friends
☐ Large open spaces	☐ Going in a lift
☐ Being sick	☐ Not knowing what the plans are for the day
☐ Violence	☐ Being left out
☐ The dark	☐ Surprises
☐ Sleeping on my own	
☐ Trying new food	

THOUGHTS ARE NOT FACTS

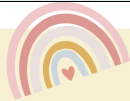
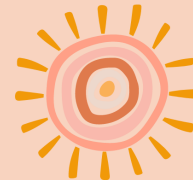
Ask yourself these questions.

Is it absolutely true?

Is my thought 100% accurate?

Is there any other way I could see my thought in a differently?

Is it possible that my emotions are making me believe that my thought is true?



PUTTING THOUGHTS ON TRIAL

THE THOUGHT What am I worrying about?

THE DEFENCE

Do I have any evidence that my thought could be true? - They must be facts.

THE PROSECUTION

Do I have any evidence that my thought could not be true? - They must be facts.

THE JUDGE'S VERDICT

When I look at all of the evidence, can I decide whether my thought is likely to come true or not?

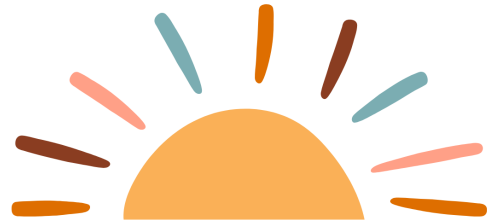
ALWAYS BELIEVE THAT SOMETHING WONDERFUL IS ABOUT TO HAPPEN

**I CAN'T CONTROL
ANYONE ELSE
BUT I CAN CONTROL
MYSELF**

My Boundaries	My actions
My honesty	My goals
My values and beliefs	My thoughts
How I treat others	How I treat myself



**THIS IS A
SAFE SPACE**



**TO BE
WHO YOU
ARE**

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COGNITIVE DISTORTIONS

Mental Filter

Only paying attention to some types of evidence.
Focusing on your failures while avoiding to see your success.

Catastrophizing

Only seeing the worst possible outcome of an event or situation. As a result, worries become escalated, and thoughts become exaggerated.

Jumping to conclusions

Assuming that you know what other people are thinking.
Predicting the future.

Overgeneralizing

The process of concluding that just because something happened to you once before, it will occur over and over again. It is negative thinking based on only 1 or 2 experiences.

Emotional Reasoning

Believing that just because you feel a certain way then justifying that your thoughts must then be true.

Black and White

Seeing things as either good or bad, right or wrong or all or nothing. Black and white thinking is the tendency to think in extremes. It causes you to think of everything you do in terms of success or failure.

Labelling

Putting labels on yourself and others.

- "I'm unlovable"
- "They are an idiot"

Should Statements

Believing that things should be a certain way. Using 'should', 'must' or 'ought' statements directed at yourself. This thinking results in feelings of guilt, shame and self-loathing.

Blaming

Placing the blame on others instead of owning up to your mistakes or sharing the responsibility. Taking on the victim mentality.

Personalization

Taking things personally and thinking that what other people do is a result of your own actions. You may blame yourself for things that were totally out of your control.

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SELF-CARE LOOKS LIKE



**Spending time
with family and
friends**



**Removing toxic
connections**



**Setting
boundaries**



**Therapy
sessions**



**Healthy
eating**



**Being in
nature**



Mindfulness



Exercising



**Affirmations
and journaling**

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4 - 7 - 8

Breathing

INHALE
THROUGH
YOUR NOSE
FOR 4
SECONDS

EXHALE
THROUGH
YOUR MOUTH
SLOWLY FOR
8 SECONDS

HOLD FOR
A COUNT
OF 7

REPEAT 4 TIMES

Mental exercise

Spell your name
backward. Then
spell all of your
family members'
names backward.

Count backward
from 100.

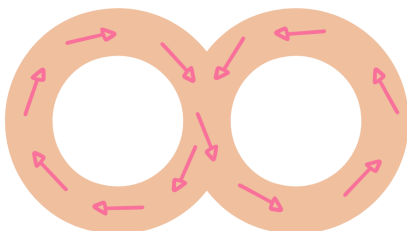
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Tracing

Trace the figure eight with your finger.

Breathe in and out slowly as you trace
around the figure eight.

Breathe in through your nose and out
through your mouth.



GROW YOUR MIND

FIXED

I DON'T THINK
I CAN DO IT

I DON'T KNOW
HOW TO DO IT

I DON'T LIKE
CHALLENGES

THIS IS TOO
HARD

I'M NOT SMART
ENOUGH

I ALWAYS MAKE
MISTAKES

FLEXIBLE

I'LL KEEP
TRYING

I'LL FIGURE OUT
A DIFFERENT
WAY

CHALLENGES
HELP ME GROW

IF I KEEP
PRACTICING, IT
WILL GET EASIER

I'LL GIVE IT MY
BEST EFFORT

I CAN LEARN
FROM MY
MISTAKES

COUNSELLOR Krista



CHALLENGING NEGATIVE THOUGHTS

AM I MAKING
ASSUMPTIONS?

IS THERE ANOTHER
WAY TO LOOK
AT IT?

ARE THERE ANY
OTHER POSSIBLE
OUTCOMES?

IS THERE
EVIDENCE FOR
THIS WORRY?

WHAT ADVICE
WOULD I GIVE
TO A FRIEND?

IS THIS WORRY
IN OR OUT OF
MY CONTROL?

Practice Gratitude

Name one good thing that happened today.

A relationship I am grateful for is...

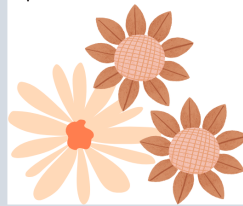
A strength of mine is...

An experience I am grateful for is...

A place I am thankful for...

A food I am grateful for..

Something in nature I am thankful for...



DEFENSE MECHANISMS



COMPENSATION

Strengthening one aspect of yourself to hide another



DENIAL

Refusing to accept a negative behavior in yourself



DISPLACEMENT

Taking strong feelings out on someone else



IDENTIFICATION

Unconsciously developing another person's behavior pattern



INTROJECTION

Conforming feelings to seek approval



PROJECTION

Ascribing your own negative qualities and faults onto others



RATIONALIZATION

Excusing and justifying your behavior



REACTION FORMATION

Behaving in a way that is opposite to your true feelings



REGRESSION

Using previous developmental behaviors to cope with stress



REPRESSION

Suppressing unwanted thoughts and urges from your consciousness



RITUAL & UNDOING

Covering up a negative behavior with something positive

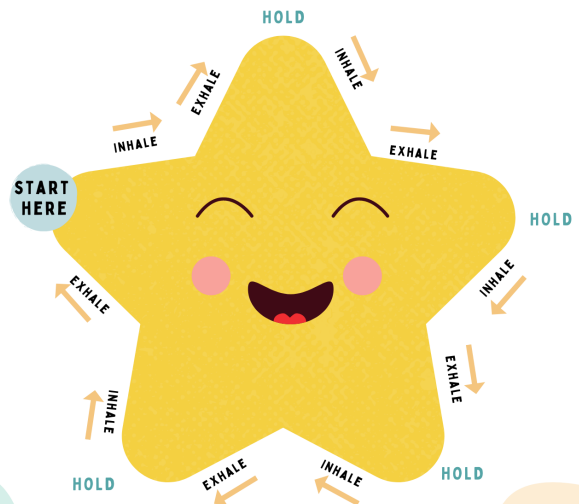


SUBLIMATION

Diverging a negative behavior into something more positively acceptable

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STAR BREATHING



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Visualize your favourite place

What do you see?

Where is it?

What can you hear?

What can you smell?

Who is there?

What is it that you like so much about this place?

When did you go there?

When will you be going back?



Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

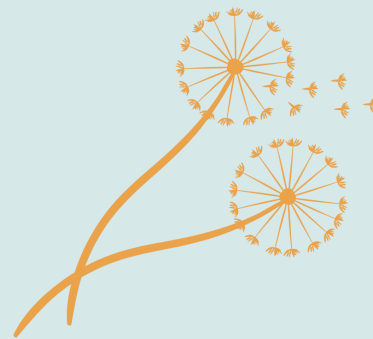
Blow out slowly through your mouth and watch the feather float away.

RAINBOW GROUNDING TECHNIQUE

Take a deep breath and identify all of these colours in order



Have a look around. How many items could you find?



Imagine you are holding a flower.

Breathe slowly in through your nose and smell the fresh air.

Breathe out slowly through your mouth and watch the petals fly off the flower.

Emotional Surfing

LEARNING HOW TO RIDE THE WAVE



EMOTIONAL REMINDERS

Emotions are **like waves**, they can be strong and powerful, but they eventually pass.

Surf your emotions with mindfulness, where you watch your breath and notice your thoughts without judgment.

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SELF-CARE CHECKLIST

- | | |
|---|---|
| ☐ EAT 3 HEALTHY MEALS | ☐ HAVE A SOCIAL MEDIA DETOX |
| ☐ 7+ HOURS OF SLEEP | ☐ ASK FOR A HUG |
| ☐ DRINK FRESH WATER | ☐ SPEND TIME WITH FAMILY |
| ☐ GET FRESH AIR | ☐ DO A HOBBY |
| ☐ PRACTICE MINDFULNESS | ☐ WRITE IN YOUR JOURNAL |
| ☐ WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR | ☐ SAY 5 THINGS YOU LOVE ABOUT YOURSELF |
| ☐ BRUSH YOUR TEETH | ☐ DO SOME EXERCISE |
| ☐ HAVE A WARM SHOWER | ☐ WASH YOUR HAIR |
| ☐ MAKE YOUR BED | ☐ HAVE A CUP OF TEA |
| ☐ READ A BOOK | ☐ DO NOTHING- ENJOY THE PEACE |
| ☐ LISTEN TO MUSIC | ☐ TRY SOMETHING NEW |
| ☐ SPEND TIME WITH FRIENDS | ☐ DO SOME COLORING IN |
| ☐ DECLUTTER A SMALL SPACE | ☐ MAKE YOUR FAVORITE FOOD |

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CHALLENGING NEGATIVE THOUGHTS

AM I MAKING ASSUMPTIONS?

IS THERE ANOTHER WAY TO LOOK AT IT?

ARE THERE ANY OTHER POSSIBLE OUTCOMES?

IS THERE EVIDENCE FOR THIS WORRY?

WHAT ADVICE WOULD I GIVE TO A FRIEND?

IS THIS WORRY IN OR OUT OF MY CONTROL?

HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS



Memory issues



Avoidance



Headaches



Insomnia



Needing reassurance



Procrastination



Rapid heartbeat



Lack of patience



Overthinking



Sweating



Stomach issues



Constant worrying

Mental exercises

Name everything
about your
family members
including their
age, hair, eyes,
hobbies, work,
interest and
anything else
that you can
think of.

ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

5
THINGS
YOU CAN
SEE



2
THINGS
YOU CAN
TOUCH



3
THINGS
YOU CAN
HEAR



4
THINGS
YOU CAN
SMELL



1
THING
YOU CAN
TASTE



MY
ANXIETY
DOES NOT
DEFINE
ME

ANXIETY COPING STATEMENTS

THIS FEELING WILL
PASS

MY ANXIETY DOES
NOT DEFINE ME

I AM SAFE AND
I WILL BE OK

NOT ALL THOUGHTS
ARE TRUE FACTS

I CAN COPE. I AM
STRONG

JUST KEEP BREATHING

FIND THE LETTERS IN YOUR NAME

Start with the first letter of your name.

Look around the room and find as many items as you can that start with that letter.

Repeat with all the letters in your name.

Which letter had the most items?

Repeat with your middle and last name until you feel calm again.

THINGS THAT CAN TRIGGER YOUR TRAUMA

Sounds

Hearing certain music or sounds that remind you of past trauma

People

Being around people that are linked to or have similarities related to your trauma

Thoughts

Certain memories or thoughts can bring back old trauma

Situations

Being in a situation that makes you feel unsafe

Feelings

Just feeling pain unrelated to your trauma can be enough to re trigger your trauma

Smells

Certain smells are strongly linked to our memories

Places

Places that have similarities to where the trauma took place

Death

The death of anyone involved in the trauma can re trigger pain

Media

Seeing something on social media, movie scenes or news reports that are similar to your trauma

I CAN BE CALMER

FOLLOW THESE STEPS TO HELP COOL DOWN

C

CAN YOU EXPLAIN HOW YOU ARE FEELING?

A

ASK YOURSELF. WHAT AM I UPSET ABOUT? IS THIS A BIG OR LITTLE PROBLEM?

L

LISTEN TO YOUR BODY. WHAT ARE YOU FEELING?

M

MAKE A LIST OF ALL THE THINGS THAT MAKE YOU HAPPY

E

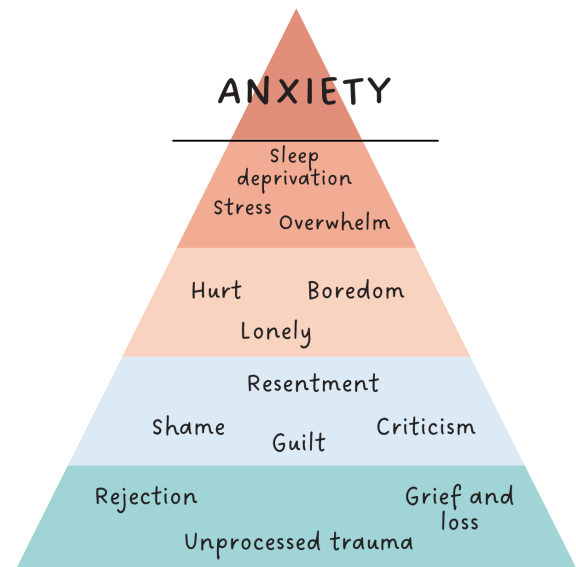
EVERYONE GETS UPSET OR WORRIED FROM TIME TO TIME AND THAT IS OK

R

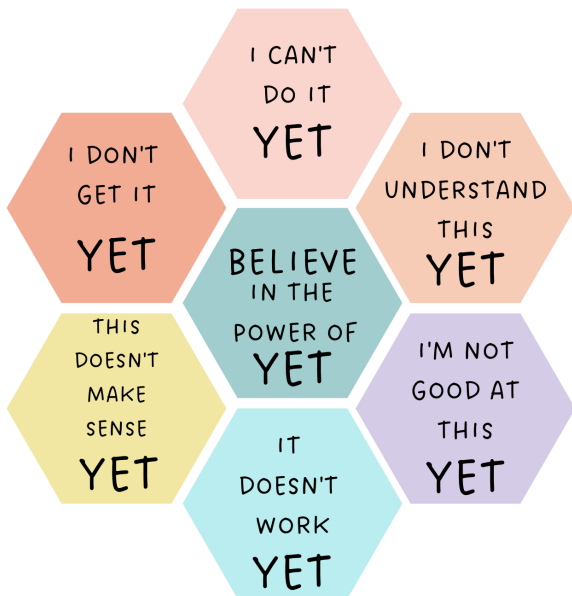
REMEMBER HOW YOU OVERCAME THIS FEELING LAST TIME. YOU ARE CAPABLE

THE ANXIETY PYRAMID

ANXIETY



THE POWER OF YET



THE STAGES OF *behavioral change*

PRE - CONTEMPLATION



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GROUNDING TECHNIQUE CATEGORIES

IN YOUR MIND TRY AND NAME AS MANY THINGS AS YOU CAN FROM EACH CATEGORY FOR 30 SECONDS

MOVIES

FRUIT

COUNTRIES

SINGERS

COLORS

TV
SHOWS

SPORTS

VEGETABLES

SHAPES

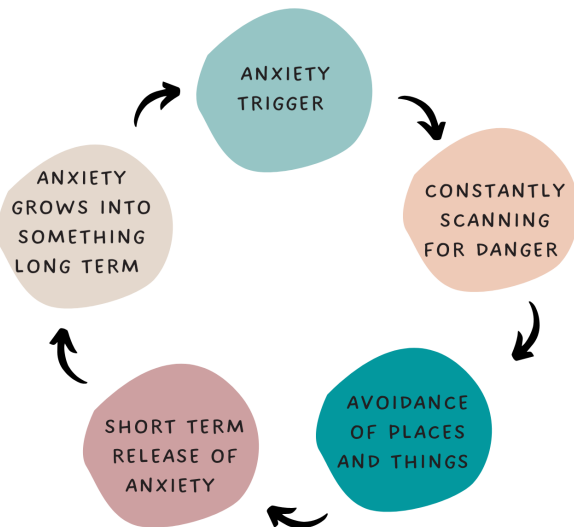
DO YOU FEEL CALMER?

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MENTAL HEALTH MATTERS

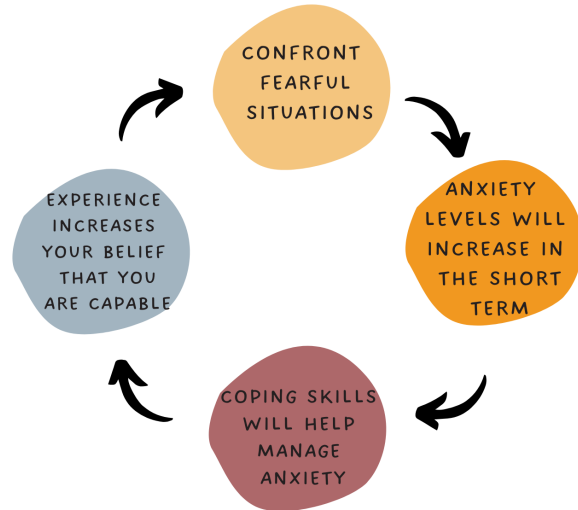


UNDERSTANDING THE ANXIETY CYCLE



"You need to understand the cycle in order to break the cycle"

REVERSING THE ANXIETY CYCLE



"I am capable of confronting my fears and breaking my anxious cycle"

Anxiety Scale

1	MINIMAL - Feeling calm and relaxed - No noticeable physical symptoms - Able to focus and concentrate easily - Able to engage in activities without distress
2	MILD - Slight restlessness or uneasiness - Slight increase in heart rate or mild butterflies in the stomach - Minor difficulty in focusing or concentrating - Occasional worry or nervousness
3	MODERATE - Noticeable feelings of worry or nervousness - Increased heart rate or palpitations - Difficulty in concentrating or focusing - Muscle tension or trembling - Occasional difficulty falling asleep or staying asleep
4	SEVERE - Feeling highly distressed, worried, or on edge - Rapid heart rate or skipped heartbeats - Intense difficulty focusing or concentrating - Profound muscle tension or trembling - Difficulty falling asleep or staying asleep - Difficulty making decisions or taking action
5	DEBILITATING - Overwhelming feelings of panic or terror - Rapid, pounding heart rate or irregular heartbeat - Severe difficulty in focusing or concentrating - Frequent panic attacks or feeling of impending doom - Sleep disturbances or insomnia - Avoidance behaviors or extreme distress in certain situations

THE HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

THE REWARD CHEMICAL

Completing a task
Eating food
Doing self-care activities
Celebrating small wins
Achieving goals

Oxytocin

THE LOVE HORMONE

Playing with a pet
Physical affection
Give a compliment
Do something nice for someone
Hugging your family

Serotonin

THE MOOD STABILIZER

Meditate
Swimming
Walk in nature
Spend time in the sun
Mindfulness activities

Endorphin

THE PAIN KILLER

Laugh
Watch a funny movie
Eat dark chocolate
Essential oils
Exercise

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CHECK IN

HOW ARE YOU FEELING?

BREATHE

Take 5 deep breaths in and centre yourself.

FEEL

Check in with your body and mind.
How are you feeling today?

THANK

Name 3 things you are grateful for?

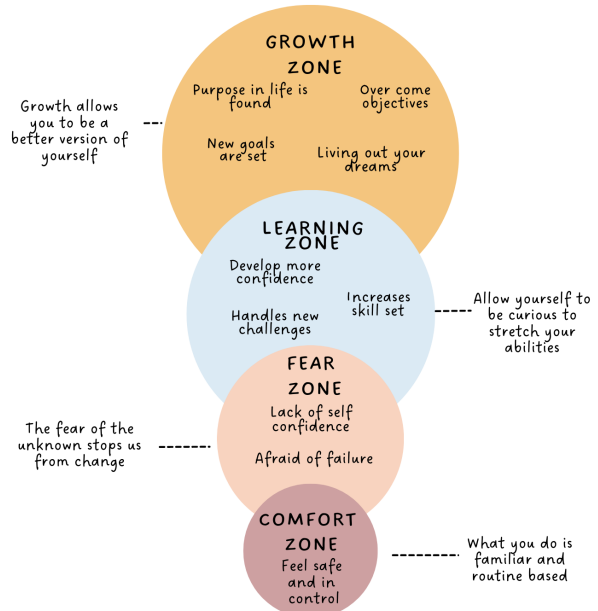
AFFIRM

Take a moment to say 5 nice things that you like about yourself.

NEED

What do you need in order to make yourself feel better?

COMFORT ZONE VS GROWTH ZONE



VISUALIZING YOUR PEACEFUL PLACE



Find a comfortable spot.

Could you take a moment to sit back and relax? Gently close your eyes and breathe deeply into your abdomen. Feel yourself in your body right now at this moment. As you breathe, allow your body to completely and fully relax. Stress is flowing out of you with each breath. Your body is becoming limp and comfortable. Let the tension in your brow go. Let the tension in your lips go. Let the pressure in your eyes go.

Once you feel completely relaxed and centered, bring yourself to one of your favorite, peaceful, beautiful places. This could be a place you've been to before, like a silent redwood grove with cool shade and towering ancient trees that protect you in their mammoth embrace or a white sand beach where the ocean waves gently lap the shore, and the smell of the sea makes you feel at home. On the other hand, it could be a place built entirely in your imagination, a lovely, slowly swaying bridge that you stand on, watching a babbling brook flow away beneath it, or an ancient oak in the autumn, something out of an old legend, or golden leaves fall around you as you sit under the shade and watch the golden orange sun pass over the horizon into twilight.

IT IS OK TO

NEED HELP

BE DIFFERENT

HAVE FEELINGS

BE YOURSELF

TALK TO SOMEONE

NOT BE OK