

# Overcoming

# Anxiety

## Coping Skills

- 1. Utilize Progressive Muscle Relaxation**
- 2. Animal Alphabet**
- 3. Sour Candy**
- 4. Hold an ice pack on your chest**
- 5. Draw your calm place**
- 6. Consider everything you did right today**
- 7. Narrate everything you are doing to yourself**
- 8. Take deep breaths - inhale through your nose, exhale through your mouth**
- 9. Exercise**
- 10. Mindfulness Meditation**
- 11. Build a support system**
- 12. Draw, paint, or color**
- 13. Listen to relaxing**
- 14. Listen to a motivational speaker**
- 15. Connect with others**
- 16. Organize/Clean your space**
- 17. Prioritize your tasks**
- 18. Play a computer game**
- 19. Visualize a calm/peaceful place**