

Week 2:

Coping Resources

Life Changes To Help Lessen Anxiety

Get enough sleep

Positive self-talk

Eliminate caffeine/stimulants (tobacco, drugs) & alcohol

Stay active (30 min of exercise a day)

Vitamin D (sun)

Celebrate the victories/show yourself compassion

Sit comfortably, close your eyes, take a few deep breaths. Open your eyes, look around and name out loud...

Grounding

5 things you can *SEE*

3 things you can *FEEL*

1 thing you can *TASTE*

4 things you can *HEAR*

2 things you can *SMELL*

...take a deep breath to end.

Diaphragmatic Breathing

Sit in a comfortable position or lie flat on the floor, your bed, or another flat surface. Relax your shoulders.

Put a hand on your chest, and a hand on your stomach.



1. The ***inhale***:

Imagine an empty balloon is in your stomach, with the opening of the balloon being in your throat.

Inhale through your nose for 4 seconds, filling up the balloon in your stomach



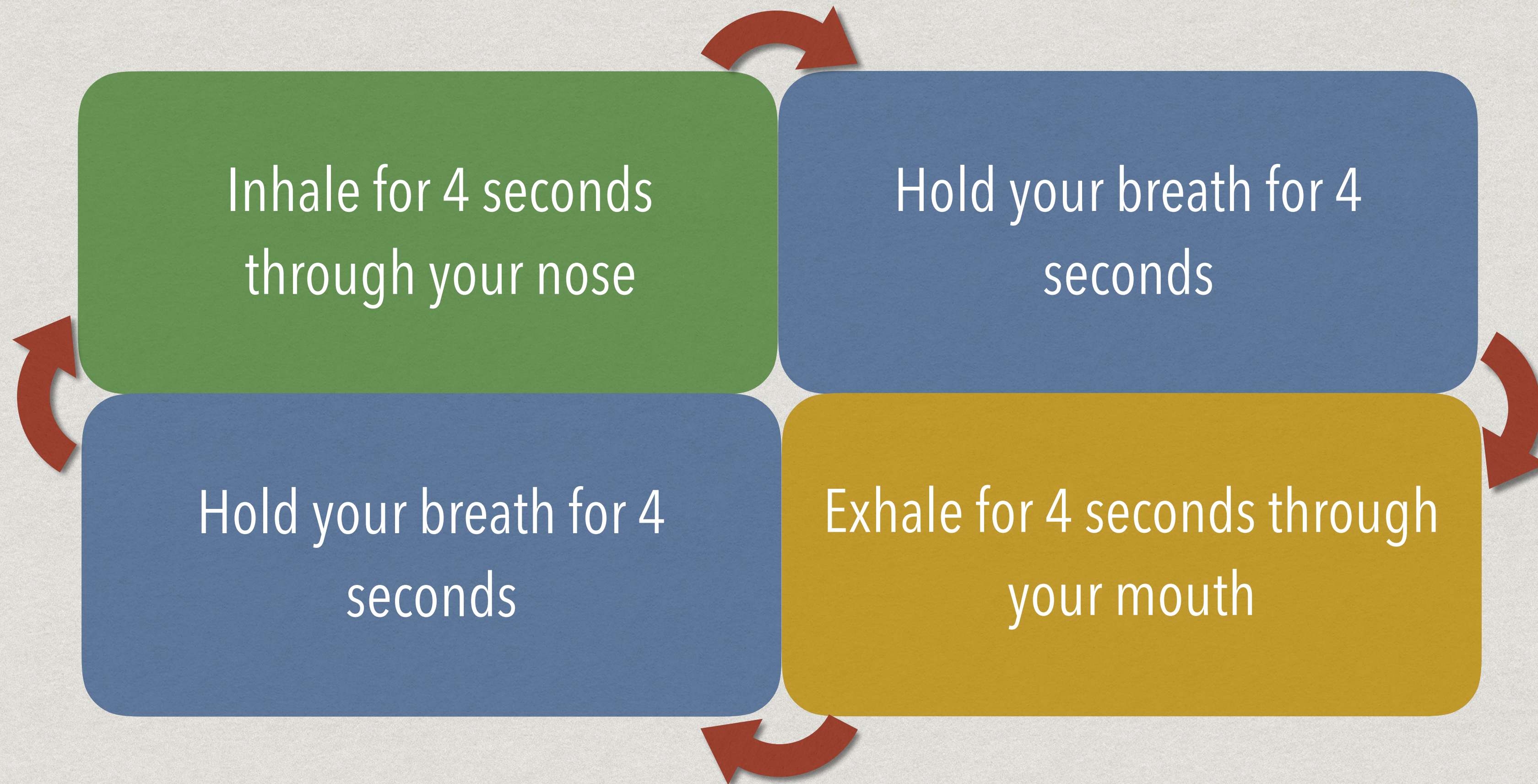
2. The ***exhale***:

Exhale through your nose for 8 seconds

Repeat these steps for 2–10 minutes

Box Breathing

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs.



...repeat this cycle 4 times,
multiple times through the day