

# Anxiety Self-Help Strategies

Anxiety is the way your system responds to stress. It's perfectly normal to feel anxious. The following are some strategies you can use to cope with anxiety.

- Engage your senses to ground yourself. Activate the parachute!
  - 54321
    - 5 things you can see, hear, & feel. 4 things you can...
  - Alphabet game
    - Find something in the room that starts with "A", then "B"...
- Notice any physical sensations. Focus on where the anxiety feels in your body. Just notice that sensation. What shape is it? What colour? Size?
  - Now breathe into it! Allow your breath to pass by it and around it, as it goes in, and as it goes out.
- Accept your anxiety! Anxiety is a feeling, anxiety is not you! Turn off the struggle switch!
- Notice any thoughts that are making you feel anxious. Thoughts are thoughts! Let them come, and let them go!
- Exercise. Stay active!
- Phone a friend.



ABC

"It's just a thought"

