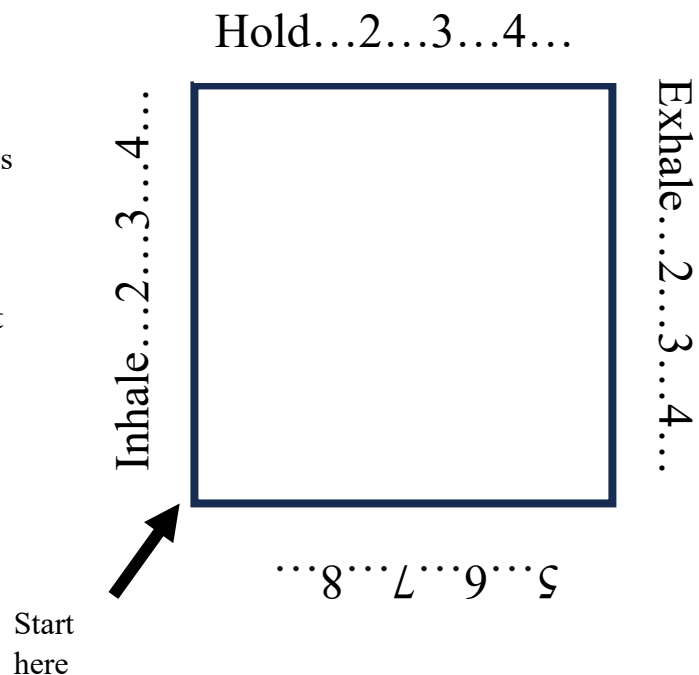


Coping Skills for Anxiety

Melissa Fisher

Square Breathing:

- 1) Start by looking at the bottom, left corner of a square.
- 2) Inhale for 4 seconds as your eyes go up the left side to the next corner.
- 3) Hold for 4 seconds as your eyes go across the top line to the next corner.
- 4) Exhale for 8 seconds as you exhale down the right side and across the bottom back to the start.



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4-5-6 Breathing:

Inhale – 2 – 3 – 4

Hold – 2 – 3 – 4 – 5

Exhale – 2 – 3 – 4 – 5 – 6

Calming thoughts:

I'll be okay

I'm okay

I'm safe now

I will get through this

I have _____ to comfort me

These feelings are temporary

One day at a time

Calming textures:

Blanket

Stuffed animal

Special clothing

Calming aromas:

Lavendar

Eucalyptus

Vanilla

Lemon

Cinnamon

**Calming pictures (search photos online
or find one nearby):**

Water

Scenery

Loved ones

Pictures with a calming color

Animals or pets

Calming sounds:

Ocean

River

Birds

Rain

Mindfulness:

Look around you. Describe everything as if you were telling someone on the phone, and they had to recreate your scene.

What do you see?

What do you hear?

What do you feel (textures, clothing, etc.)?

What do you smell?

What do you taste, if anything?

Example:

“I see a bed, it has a gray comforter that is ruffled, and three pillows. Two of the pillows are gray, with a white, floral pattern. One pillow is green and white. They are leaning against the wall. The wall is light blue...I hear the fan blowing and car noise outside. I see the fan swirling around, and it has five brown blades...”

Visualization:

Imagine yourself in a calm space: What do you see, hear, smell, feel or taste? Be descriptive.

If anything makes the scene unpleasant, get rid of it or try a new scene. Find a space—real or imagined—where you feel calm when you imagine yourself there.