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Coping Skills for Anxiety, Overthinking, & Worry

1 grounding through your senses

Using your senses, notice:

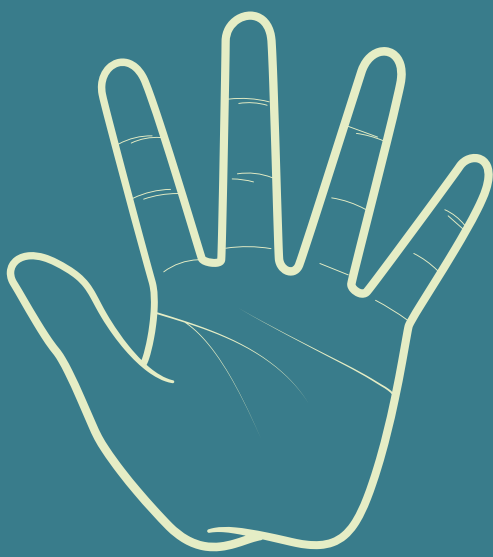
5 things you can see

4 things you can feel (like the breeze on your face)

3 things you can hear

2 things you can smell

1 thing you can taste



2 trace your hand with your breath

With your right pointer finger, trace your left hand. Inhale as you move your finger up your thumb, and EXHALE as you follow your thumb down the other side. Repeat on all your fingers.

3 reach for something warm or cold

Warmth or coolness can help to reset your nervous system. Either hold a cup of something warm or cold or use a heat or cool pack, placing it on the back of your neck or on your chest.



4 noticing your thoughts

Notice what you're thinking. Now, say to yourself or out loud, I'm noticing I'm having the thought that...

This act will help you to create a distance between you and your thoughts.

5 add a touch of humor

Repeat your thought in a funny voice or sing it to a familiar tune.

Examples: In the voice of Goofy, an exaggerated southern belle, your favorite actor or character.

Sing it to the tune of Happy Birthday

