

Anxiety Coping Skills

Worksheet

Anxiety Coping Skills

Some coping strategies are given below. These coping styles will help you to reduce your anxiety level in both short term and long term situations.

Coping in emergency situations (short term)	Coping strategies (long term)
Relax your body e.g take a deep breath 10 times	Identify your triggers and try to solve them
Challenge your thoughts e.g search for evidence in favor or in against your thoughts	Identify your negative thought patterns
Change your focus e.g find five things which you could touch e.g chair, sofa, etc or find five things which you could only feel e.g air, smell etc	Restructure your negative thoughts and replace them with positive thoughts
Try figure out something pleasant about the situation e.g the arrangement is so beautiful, I will meet new people	Make amendments to your diet
Try to talk e.g share your feelings with someone	Choose a support group
Try to smile	Share your feelings and experiences with your friends and family. Don't accumulate them in your mind
Feel the atmosphere	Do healthy activities on daily basis e.g meditation, sports, etc
Smell a soothing fragrance	
Walk for 10 minutes	

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