

# Anxiety Coping Toolkit

## Practical Strategies for Difficult Moments

Feeling anxious can make it harder to think clearly, solve problems and focus on what matters.

This toolkit is designed to help you respond when anxiety starts to increase and provide practical techniques that you can use in the moment.

### Grounding Techniques

#### **5-4-3-2-1 Method**

When anxiety feels overwhelming:

- 5** Things you can see
- 4** Things you can feel
- 3** Things you can hear
- 2** Things you can smell
- 1** Thing you can taste

### Breathing Exercise

Try:

#### **Box Breathing**

1. Breathe in for 4 seconds
  2. Hold for 4 seconds
  3. Breathe out for 4 seconds
  4. Hold for 4 seconds
- Repeat for several minutes.

## Helpful Reminders

Anxiety often makes us treat thoughts as facts.

Try reminding yourself:

- This feeling will pass
- I have coped before
- I only need to focus on the next step
- I don't need all the answers today

# When Anxiety Shows Up

## **Step 1: Pause**

What am I feeling right now?

## **Step 2: Refocus**

What is one thing I can control?

## **Step 3: Take Action**

What is the next helpful step?

# My Personal Coping Toolkit

## Things That Help Me

- ☐ Walking
- ☐ Exercise
- ☐ Music
- ☐ Talking to someone
- ☐ Journalling
- ☐ Mindfulness
- ☐ Rest
- ☐ Time outside
- ☐ Other

## People I Can Contact

1.

2.

3.

### **Remember:**

Anxiety is a normal human response.

The goal is not to eliminate anxiety completely.

The goal is to recognise it early, respond helpfully and prevent it from taking over.