

Coping Skills

Use these coping skills during times you're feeling overwhelmed, anxious, or stressed (or any other time you're feeling heightened emotions).

These skills can help your body and mind focus on the present moment, and may lessen symptoms of anxiety such as increased heart rate, rapid breathing, intrusive or unwanted thoughts, or muscle tension.

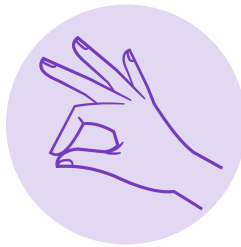
5 Senses

Start by paying attention to your environment, wherever you are at the moment.

Then continue with the five steps below.



Acknowledge 5 things that you see around you



Acknowledge 4 things that you can touch, and touch them if you can



Acknowledge 3 things that you can hear



Acknowledge 2 things you can smell, if two don't come to you bring into your mind smells that stick out to you



Pay attention to 1 thing you can taste, it can be toothpaste, a drink or food you recently consumed

Object Observation

Find an object near you. A pillow, your leg, the table, a stress ball. Anything near you.

Run through these questions with your object slowly and with focus. Shut your eyes if you're comfortable.

- Is this smooth or rough when I rub my fingers over it?
- If I press on it, is it soft with give, or is it hard?
- What's the temperature of the item?

If needed use the same questions on another object and then compare between objects.

Belly Breathing

A lot of us breathe too shallow. In this technique we are going to focus on sending our breath far into our body (in our imagination). Start by breathing in through your nose, you can shut your eyes if you are comfortable. Breathe in slowly, imagining your breath going down your throat, into your chest, and into your belly. Then open your mouth a bit and allow the breath to come out like a release.

NOTE: None of these take the place of working with a mental health professional.