



Anxiety Coping Skills

Practice Mindfulness- acknowledge and observe your worries don't try to ignore them or fight them. Let your worries go, when you don't try to control them they pass like clouds moving across the sky

Meditation- works by switching your focus from worrying about the future and dwelling on the past to what's happening right now

Talk to someone- talk to trusted friends and family who will listen to you without judging or criticizing you. Let them know what's going on in your life and what's bothering you

Use calming visualizations- Picture yourself in your happiest memories or at your favorite park or beach

Take a break- take time away from your excessive thoughts. Breaking from concerted efforts can be refreshing

Deep breathing- Exercises can calm your thoughts and quiet and negative thoughts

Opposite action – Do something the opposite of the emotion, and replace it with a positive emotion.

Get physically active – exercise, dance, go for a walk, walk a your pet, sing your favorite song.

Breath and let it pass...Breath and let it pass...Breath and let it pass...

Great Apps to use

Pacifica ~ <https://www.thinkpacifica.com/>

- Mindfulness 😊
- Mood and health tracking♥

Aura: Calm Anxiety and Sleep ~ <https://www.aurahealth.io/>

- Reduce stress and anxiety
- Improve focus and sleep better
- Life coaching and stories
- Music
- Personalized based on your mood

Happify: For stress and worry ~ <https://itunes.apple.com/us/app/happify-for-stress-worry/id730601963>

- Science- based activities and games to reduce stress
- Overcome negative thoughts

Stop, Breathe and Think ~ <https://www.stopbreathethink.com/>

- Meditation and Mindfulness to help build emotional strength and confidence to handle life's ups and downs

Breathe2Relax ~ <https://itunes.apple.com/us/app/breathe2relax/id425720246>

- Relax your mind
- Different ways of breathing

Colorfy ~ <https://colorfy.fileplanet.com/apk>

- Coloring has shown some great signs of relaxing and calming effects
- Over a thousand different pictures to color

Simple Habit ~ <https://www.simplehabit.com/>

- On the go breathing meditations

Crisis Hotline information

You are not alone. Call the HELPLine, a free crisis and suicide intervention hotline and referral service, at (951) 686-HELP(4357). The phone lines are answered by trained professionals available 24/7; the call is free and confidential. If emergency medical or psychiatric care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

Soothing Videos

<https://www.youtube.com/watch?v=8tSRj6pGzAU>

Cute songs to help you cope with anxiety

https://www.youtube.com/watch?v=t1rRo6cgM_E

Guided meditation

<https://www.youtube.com/watch?v=Mgs54BuU4Vo>

Oddly satisfying videos

<https://www.youtube.com/watch?v=krKXXmnLQ80>

Guided meditation ocean side

<https://www.youtube.com/watch?v=TdpBRZ0dZhw>

Relaxing Music with Amazing Nature Scenery

<https://www.youtube.com/watch?v=hHW1oY26kxQ>

Chill lofi music to relax

How to prevent an Anxiety Attack

- *Breathe deeply in through your nose and out through your mouth*
 - *Slowly look around and find...*
 - *5 things you can see*
 - *4 things you can touch*
 - *3 things you can hear*
 - *2 things you can smell (or smells you like)*

This is called Grounding- it can help when you feel like you've gone too far in your head and lost all control of your surroundings!:)

And remember

Your feelings do not make your thoughts facts...FF's FACTS Not FEELINGS ☺

Anxiety is not dangerous, it's just uncomfortable ☐

The feelings won't last forever#*

Use positive self-talk ☺

Just take some deep breaths and keep going ∞