

# 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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**Ralph Tamper**



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