

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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Chao Zhang



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Practice-Oriented Research in Tertiary Mathematics Education Rolf Biehler, Michael Liebendörfer, Ghislaine Gueudet, Chris Rasmussen, Carl Winsløw, 2023-01-01 This edited volume presents a broad range of original practice oriented research studies about tertiary mathematics education These are based on current theoretical frameworks and on established and innovative empirical research methods It provides a relevant overview of current research along with being a valuable resource for researchers in tertiary mathematics education including novices in the field Its practice orientation research makes it attractive to university mathematics teachers interested in getting access to current ideas and results including theory based and empirically evaluated teaching and learning innovations The content of the book is spread over 5 sections The secondary tertiary transition University students mathematical practices and mathematical inquiry Research on teaching and curriculum design University students mathematical inquiry and Mathematics for non specialists

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