

Coping skills for anxiety

Get Movement

take a long walk
do some yoga
do intense exercise
try gentle stretches
walk in nature

Reflect

journal
challenge negative thoughts with CBT
call a trusted friend
visualize something peaceful

Meditate

listen to a guided meditation
practice mindful breathing
practice progressive muscle relaxation

Self Soothe

drink calming tea
listen to peaceful music
take a bath
watch videos that make you happy