

Anxiety Coping Skills Handout

Name:	Julianne Rodriguez
Age:	32
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This handout provides a list of coping skills and techniques that can be helpful in managing anxiety. Please discuss these with your healthcare professional to determine which ones might be best suited for you.

Breathing Techniques

- **Deep breathing:**
Take slow, deep breaths in through your nose and out through your mouth.
- **Diaphragmatic Breathing:**
Focus on breathing deeply into the diaphragm, expanding the belly with each inhale and exhaling slowly.
- **4-7-8 breathing:**
Breathe in for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.
- **Box breathing:**
Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and repeat.

Which one of these do you feel help with coping with anxiety?

Box breathing helped

Mindfulness and Relaxation

- **Progressive Muscle Relaxation:**
Tense and relax each muscle group, starting from your toes and moving up to your head.
- **Mindfulness Meditation:**
Focus on the present moment, observing your thoughts and feelings without judgement.
- **Body Scan Meditation:**
Focus on each part of the body in turn, noticing any sensations or tension, and gently releasing them.

Which one of these do you feel help with coping with anxiety?

Progressive muscle relaxation was pretty useful

Cognitive Techniques

- **Recording and Challenging Negative Thoughts:**
Identify and challenge irrational or unhelpful thoughts.
- **Gratitude Journaling:**
Write down things you are grateful for each day.
- **Problem-Solving:**
Break down problems into manageable steps and find solutions.
- **Reality Testing:**
Evaluate the evidence supporting and contradicting these thoughts, and develop more balanced perspectives.

Which one of these do you feel help with coping with anxiety?

Challenging negative thoughts often helps me make it through. My partner also helps me do this whenever he reassures me.

Lifestyle Changes

- **Healthy Eating:**
Maintain a balanced diet with regular meals.
- **Regular Exercise:**
Engage in activities like walking, running, or yoga to reduce anxiety symptoms.
- **Sleep Hygiene:**
Establish a regular sleep schedule and create a relaxing bedtime routine.
- **Limit Caffeine and Alcohol:**
Reduce consumption of substances that can increase anxiety.

Which one of these do you feel help with coping with anxiety?

Better sleep hygiene really helped me recently too

Social Support

- **Connect with Others:**
Spend time with friends and family who provide support and understanding.
- **Join a Support Group:**
Consider joining a group where you can share experiences and learn from others.

Which one of these do you feel help with coping with anxiety?

My family doesn't understand mental health problems much, and I don't have many friends, so I'll try joining a support group.

Other Relaxation Techniques

- **Listening to Music:**

Listen to calming or uplifting music.

- **Aromatherapy:**

Use essential oils or scented candles to create a relaxing environment.

- **Guided Imagery:**

Visualize a peaceful and calming place or situation.

Which one of these do you feel help with coping with anxiety?

I already like listening to music and I often do it, but I was surprised about how well aromatherapy can work.

Additional Coping Skills

- **Hobbies:**

Engage in activities that you enjoy and find relaxing.

- **Time Management:**

Prioritize tasks and set realistic goals.

Which one of these do you feel help with coping with anxiety?

I already have hobbies, but I find that time management can be a bit of a hassle itself. It feels like a waste of time and energy.

Health Professional's Observations, Recommendations, and Notes

Julianne experiences significant anxiety in social situations, often related to concerns about her appearance and interactions with others. She has reported being overweight and having difficulty sleeping. It is recommended that she focuses on developing a healthy sleep routine and incorporates regular physical activity into her lifestyle. Cognitive-behavioral techniques may also be beneficial in addressing her negative thoughts and improving her self-esteem.

Name of Health Professional and Signature

Dr. Emily Clarke

Name of Practice

Wellness Mind Therapy Center