



## Five Ways to Manage Anxiety

### Mindfulness Techniques

Instead of distracting yourself from difficult thoughts, mindfulness techniques allow you to sit in the moment until it passes.

Step One: Identify the feelings that you are having.

Step Two: Name the feelings. You can even say them out loud. Sad. Angry. Anxious.

Step Three: Identify where in the body the feelings live. Focus your attention there.

Step Four: Keep going until the feeling passes. Trust that it will and that you will feel okay again.

### Grounding Techniques

Staying in the moment when you are having intrusive or racing thoughts can be tough. If you find yourself slipping, you can practice grounding techniques to bring you back to the present. Try the 54321 strategy

1. Name five things that you can see in the room around you. Chair, dog, shoe, cup, book.
2. Name four things that you can feel. Feet to the floor. Skin to shirt. Ring on my finger. Sofa supporting me.
3. Name three things you can hear around you. Clock ticking on the wall. Refrigerator humming. Dog snoring.
4. Two things you can smell around you. Fresh cut grass. Burning candle.
5. One thing you can taste. Cinnamon gum.

### Worry Jar/Worry Spot

Put boundaries around when you worry. Write down the thoughts that are bothering you and put them in a jar. If they are still bugging you, commit to spending some time unpacking the worry jar in a designated worry spot in your home. Read each one out loud and ask yourself “*is this something that affects me right now?*” Most of our intrusive/racing thoughts are concerns about the past or the future. If there is nothing that can be done to in this exact moment, let it go and deal with it if and when you need to.

### Progressive Muscle Relaxation

If you are having trouble relaxing, try releasing tension one part of your body at a time.

1. Find somewhere to sit or lie down. Close your eyes.
2. Start by tensing your feet, hold three seconds and then let it go.
3. Tense your calves, hold three seconds, and then let it go.
4. Tense your thighs, hold three seconds, and then let it go.
5. Tense your butt, hold three seconds, and then let it go.
6. Tense your abs and lower back, hold three seconds, and then let it go.
7. Tense your shoulders, hold three seconds, and then let it go.
8. Tense your arms, hold three seconds, and then let it go.
9. Tense your neck, hold three seconds, and then let it go.
10. Tense your face, hold three seconds, and then let it go.