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## Simple Coping Strategies for

# YOU

Sometimes you just can't sneak away to go for a walk or a jog when you are feeling stressed. A teacher or boss might not love the idea of you listening to music while you work to help ease your anxiety. Your best friend or other support system may not be available to talk right now. Sleep might help reduce your stress or anxiety, but you're lying in bed, wide awake.

Do any of these sound familiar? So what now?

What if I told you many of the things you enjoy most can be used as a way to cope with anxiety and stress? Its true!

On the next page, I have listed your five senses. Take some time to consider what you love most that stimulates each sense. I've given an example for each to get you started.

Next, consider how you can use these activities or items to soothe yourself when you are stressed or anxious. How can you be mindfully attentive to what you are doing? For example, if drinking peppermint tea is something you love, try really savoring the flavor, the heat and the sensation as you swallow. Stop whatever else you are doing and take a few minutes to just drink your tea and pay attention while you do it. If you love fresh flowers, take a few minutes to purposefully touch them, smell them and look at them.

These are just a couple examples of how you can use your favorite things to help you feel calm. Turn the page over to get started!

sight

Mountain view

sound

Ocean waves

smell

Lavender

taste

Lemon water

touch

Pet's fur

Handwriting practice lines consisting of 20 horizontal lines, each accompanied by a dotted diamond-shaped tracing pattern.

Now you're ready to do things that you love in a way that can help you cope with stress and anxiety! Go ahead, give it a try!