

Name: 

Here are some strategies that can help you cope when you are feeling anxious or stressed out. Put a checkmark beside the ones that have worked for you. Can you add any to the list?

- Take a time out. Listen to music, breathe deeply, learn relaxation techniques, and take a break so that you can let go of what's bothering you and get your head straight.
- Breathe deeply from your belly. Breathe in for three counts and out slowly. Then do it again. Breathe before you speak or act.
- Use positive self-talk. Find a mantra that you can quote to yourself, such as "I can do it. I will be fine." Remind yourself of what is *not* your fault in the situation.
- Make sure that you eat and sleep well. Keep healthy, energy-boosting snacks on hand.
- Drink lots of water and other healthy liquids.
- Get adequate daily exercise to help you feel good. Health matters.
- Count to 10 before you do anything.
- Find something to laugh about and someone to laugh with.
- Check your attitude and those who influence it. Look to replace negative with positive.
- Figure out what triggers your stress and anxious feelings. Watch for patterns in time, place, people, etc. You could keep a journal to help you monitor these patterns.
- Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a doctor for expert help.
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