

Your Calm Kit: 10 Therapist-Approved Coping Skills for Anxiety

1. Box Breathing

Breathe in for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat 4-5 times to calm your nervous system.

2. 5-4-3-2-1 Grounding

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste. This helps redirect your mind from anxiety.

3. 10-Minute Journaling

Write freely for 10 minutes. Get your anxious thoughts out of your head and onto paper without judging them.

4. Mindful Walking

Take a short walk and engage your senses. Notice colors, textures, smells, sounds. Let your body move your mind into calm.

5. Self-Compassion Statements

Repeat calming phrases like, 'I'm safe right now' or 'This feeling will pass. I can handle it.'

6. Progressive Muscle Relaxation

Tense and release muscle groups from your toes to your head to release physical tension.

7. Butterfly Hug

Cross your arms over your chest and tap slowly left-right-left. A grounding tool used in EMDR therapy.

8. Cold Water Splash

Splash cold water on your face or hold a cold pack to your forehead. This activates the dive reflex to

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slow your heart rate.

9. Visualization

Picture a calming place in your mind. Engage all senses - what do you see, hear, smell, feel, or taste?

10. Reach Out

Call a friend, therapist, or support line. Anxiety grows in silence - connection helps bring regulation.

Need more support?

If anxiety is interfering with your daily life, therapy can help. Budd Therapy offers online and in-person sessions in Basking Ridge, NJ. Visit www.buddtherapy.com to book a consultation.