# Anxiety Coping Guide

## Schedule

* If you notice that something is triggering your anxiety, try scheduling it into your week. You may notice that just having it scheduled can decrease your stress.
* Schedule time for relaxation into your weekly calendar. Relaxation of the brain reduces anxiety symptoms.
* Try scheduling time every day, or every couple of days to just *feel* your anxiety! Let yourself be anxious for 5-10 minutes, and then practice letting it go once your scheduled time is up. (Example: While driving home from a stressful day at work, let yourself worry and stress and feel anxious until you reach a certain point on your drive. Once you pass that marker on your drive, practice letting the anxiety go and focus on relaxation and mindfulness)

## Routine

* Create a nourishing routine. Anxiety thrives on chaos and uncertainty. A good routine can help eliminate the stress and unpredictability that feeds anxiety.
* Make sure to include daily breaks and self-care in your routine.
* Create a routine that aligns with your most strongly held values. For example, if you deeply value family and connection, try to incorporate a family dinner into your weekly schedule!

## Mindfulness

* Focus on the current moment when feeling out of control and anxious.
* Use a mindfulness app, meditation videos, or other online resources to practice weekly mindfulness.
* Try some self-soothing activities like walking outside, drinking hot tea, writing, stretching your body, lying under a warm blanket, or visualizing a calm place.

## Relaxation

* Don’t underestimate the importance of self-care and relaxing your body. When your brain and body is anxious, your nervous system enters into a fight or flight response. If you make time for relaxation, you calm your entire body and brain.
* Read a book, go to the movies, spend some time outside, visit with friends, take a bath, or go shopping! Find your own way to relax your body when you’re feeling especially anxious.

## Talk

* Don’t be afraid to talk to people that you trust about your worries and stress. Talking about whatever is making you anxious can significantly reduce its power.
* Use your support system, find a therapist and try talk therapy, or write all of your worries and thoughts into a special journal.