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Strategies for coping with Anxiety

You can't always control anxiety but
you can choose how to respond

Breathwork



**Your breath is always with
you.**

Try:

4-4-6 Breathing
Breath in for 4 counts
Hold for 4 counts
Breath out for 6 counts

Repeat several times



**Anxiety is rooted in
events that haven't
happened yet.**

Techniques that bring
you back to the here
and now can calm your
body and mind.



Grounding



**Use your senses to bring
you back to the present.**

5 - Things you can see
4 - Things you can hear
3 - Things you can touch
2 - Things you can smell
1 - Thing you can taste

Notice, name, breathe

CBT



**Anxiety feeds on thoughts
that aren't true. Ask
yourself:**

- For evidence against the thought
- What is a different perspective
- What would I say to a friend?

Create an Anchor



**Use an object, a memory
or a phrase to ground you.**

- Remember a safe place or meaningful moment
- Repeat a grounding phrase "I am safe"
- Hold a comforting object

Movement



**Movement helps release
tension and shift focus.**

Try:

- Walking outside
- Yoga
- Stretching

Move to regulate



Be patient with yourself, healing takes time.
Remember you are forming new ways of coping