



WellMinded
Counseling

COPING SKILLS

Two Essential Tools to Manage Anxiety

Grounding techniques can help us manage anxiety when things feel overwhelming and our brain is hijacked by our fight, flight and freeze response.

Five Sense

Notice what is around you in the room, engage all five senses, what do you hear? what do you smell? what do you see? are you touching anything? are you tasting anything?

Focus on these sensations, bring yourself to the present moment and breathe into the moment. Sense if there are any sensations in your body, do you feel your heart racing, any tension, take a deep breath and focus on one of your senses and notice if any of them are pleasant and have that come to the forefront of your mind.

Describe, Observe and Participate in each of these senses without judgement, for example:

What colors are in what you see? what is the texture of what you taste or are touching? is what you are hearing loud or quiet? are the smells anything you recognize or are they unfamiliar?



Reframing Catastrophe

Label what you are afraid of, or what is causing the anxiety.

What is the worst part of that, the worst case senerio that could result in the situation. I imagine that is easy to come up, say its death, or poverty or loosing everyone, or being heart broken....

Well lets say your worst fear comes true? What happens next?

Most likely you say something close to equally as uncomfortable and undesirable. Keep asking yourself that question, "well then what happens next" until the answer becomes something like "well I'll just cope with it/deal with it".

We often can deal with even our worst fears occurring, as we are more resilient than we give ourself credit for. Having the capacity to play the tape all the way through till the end of resolving our worst fears can overall calm your nervous system down and allow you to think clearly in stressful, anxiety producing situations.

We are all stronger than we think. When has there been a time when you haven't eventually figured out how to cope after something unfortunate has happened. You can do it again, even if it takes some support from your community, a therapist or someone unexpected.