

## **COPING WITH ANXIETY**

*Anxiety is something many of us experience from time to time. This five-step exercise can be very helpful during periods of anxiety or panic by helping to ground you in the present when your mind is bouncing around between various anxious thoughts.*

*Before starting this exercise, pay attention to your breathing. Slow, deep breaths can help you to maintain a sense of calm or help you return to a calmer state.*

*When you are ready, go through the following '5-4-3-2-1' technique to help you to ground yourself:*

**5:** Acknowledge **FIVE** things you see around you. For example, you could say, I see the computer, I see the cup, I see the picture frame.

**4:** Acknowledge **FOUR** things you can feel or touch. You could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

**3:** Acknowledge **THREE** things you hear. This could be any sound. It could be the sound of traffic outside, the sound of typing, or the sound of your tummy rumbling. Try though to focus on things you can hear outside of your body.

**2:** Acknowledge **TWO** things you can smell. If you can, it's okay to move to another spot and sniff something. If you can't smell anything at the moment, or you can't move, then name your 2 favourite smells.

**1:** Acknowledge **ONE** thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favourite thing to taste.

*This technique is one of many options you could use if you are feeling anxious or overwhelmed. If anxiety is something that you struggle with regularly, and you continue to have trouble refocusing or coping with these feelings, please talk to your doctor.*

## **Improving and Maintaining Wellbeing Under Covid-19**

### **Helpful Hints and Tips for Coping with Anxiety and Helping Other People**



**Promoting Wellbeing and Mental Health**