

overwhelmed? anxious?

TRY ONE OF THESE COPING SKILLS

1

5 senses activity: Try to purposefully take in the details of your surroundings using each of your senses. Notice small details that your mind would usually ignore, such as distant sounds, or the texture of an object.

Name 5 things you can see. Name 4 things you can hear. Name 3 things you can touch. Name 2 things you can smell. Name 1 thing you can taste.

Take your time with each sense, this will bring you back to the present moment.

2

Square Breathing: Even 30 seconds of deep breathing will help you feel more grounded and in control.

Step 1: Breathe in, counting to 4. Feel the air enter your lungs.
Step 2: Hold your breath or pause for 4 seconds.
Step 3: Slowly exhale through your mouth for 4 seconds.
Step 4: Pause for 4 seconds after your exhale.
Repeat steps as needed.



3

Use a mantra or affirmation: Mantras are short phrases, words, or affirmations that someone repeats to themselves in the practice of mindfulness or meditation.

Start by choosing a short phrase to encourage yourself, such as, "I am safe, this is not an emergency", "It's okay to feel worried", "Right now I feel overwhelmed, but this won't last forever", or "This is temporary". Try repeating one of these phrases to yourself while you take some slow, deep breaths. This practice can make you feel validated and grounded, rather than dismissed.

FOR ADDITIONAL SUPPORT, CONTACT



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5 senses activity: Slow down and look around. When you have a big feeling, using your five senses helps your body feel calm and more in control. When you take time to notice the birds singing around you, the smell of cookies baking or the way the grass feels on your bare feet, you can relax your body and slow down your feelings.

Name 5 things you can see. Name 4 things you can hear. Name 3 things you can touch. Name 2 things you can smell. Name 1 thing you can taste.

Take your time with each sense, this will bring you back to the present moment.

Birthday Cake Breathing: Breath in through your nose like you are smelling cake, breath out through your mouth like you are blowing out candles on the cake

2

Roller Coaster Breathing: Use your pointer finger from one hand to trace the outline of your fingers on the other hand. Take a deep breath as you move your finger up a finger on the other hand, just like a roller coaster climbing to the top. When you get to the top of your finger and the roller coaster drops down, slowly release your breath.

3

What's your emotional temperature? Did you know your feelings can be measured just like your temperature? When you get really mad, sad or worried, your feeling thermometer will turn red and you might feel hot, breathe fast, or want to yell. When you use coping tools like deep breathing or 5 senses, you will notice your feelings thermometer slowly climb down to orange or even green. Take time to notice what makes your feeling thermometer go up and start to learn how your body feels in each zone: red, orange or green. Talk to a safe person when you feel like you are in the red zone and they can help you calm down.

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