



Mindful Moments Volume 3

Coping with Anxiety

When anxiety overtakes our body and mind, there are several strategies that can be used to help overcome these feelings. While there are many different techniques, here are several listed below for you to try!

1) 4-7-8 Breathing Exercise



- Step 1: Breathe in for 4 seconds
- Step 2: Hold your breath for 7 seconds
- Step 3: Breathe out for 8 seconds

Click the link below to watch a video showing this technique:

<https://www.youtube.com/watch?v=PmBYdfv5RSk>

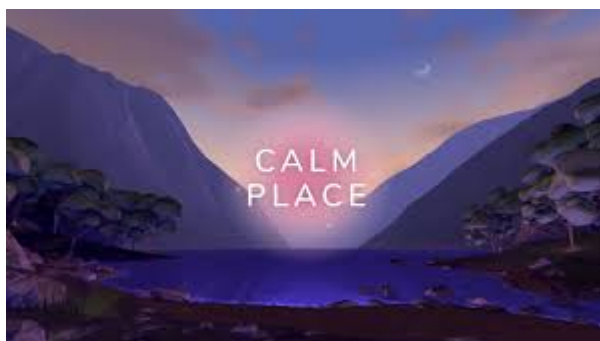
2) Grounding Activity

The following is a list of tricks on how to use your five senses to calm and overcome anxiety. Perhaps one sense helps more than the rest!



Image Resource: <https://www.pinterest.com/pin/504825439481339597/>

3) Peaceful Place Meditation



People often jokingly say “go to your happy place” when someone is angry or upset, but all jokes aside, this really is a great strategy to use to calm feelings of anxiety. Please click the link below for a “Guided Peaceful Meditation”.

https://www.youtube.com/watch?v=vhU5T6Bn_4s

Hope you enjoy!