

Anxiety Strategies

3 3 3 RULE

Look around and rest your gaze on 3 things you can see - one at a time. Be sure to allow time for the object to register in your awareness and say to yourself what it is. You can even describe it as an additional way to support this practice

Next tune in to 3 sounds you can hear - pause long enough to really hear it

Finally. pick 3 body parts to move. One at a time

BOX BREATHING

Breathe in.... for a count of 4

Pause at the top of the in breath.... for a count of 4

Breathe out.... for a count of 4

Pause at the end of the exhale.... for a count of 4

Repeat 4 or more times.

FOFBOC & SIGH BREATH

Feel your Feet On the Floor, and your Bottom On your Chair (FOFBOC - Feet on Floor, Bottom on Chair)

Then take a deep breath in through your nose, while lifting your shoulders up.

Hold the breath and take your shoulders back a little (while lifted)

As you exhale slowly through your mouth let your shoulders release and drop down as far as feels comfortable

Repeat 4 or more times.

SCHEDULE WORRY TIME

Set aside a specific time of the day to tend to your worries. Whenever you notice a worry throughout your day, when it appears take note of it (eg jot in your phone notes) and let it know you have designated time to give it a x o'clock. Worry time can be 5-15 minutes. You can start with more if that is helpful.