

# Managing anxiety & stress reactions

## 1. Accept the feeling

*“I’m feeling .... and that’s ok”*

## 2. Ground self

*Connect to the present moment through our senses*

1. Notice/name 5 things you can see
2. Notice 5 things that are the colour X
3. Notice your feet against the ground / back against the seat
4. Wiggle toes and fingers
5. MINDFUL BREATHING – slow and deep conscious breaths, paying particular attention to the outbreath.
  - a. *4 square breath* (breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds).
  - b. *7/11 breath* (breathe in for 7 seconds, breathe out for 11 seconds).
  - c. *3 Mindful breaths* (at your own slow pace, with particular attention to the outbreath)

## 3. Notice thoughts

*“How helpful is this thought/worry right now?”*

*(Stepping out of the mind’s need to know what’s going to happen / control outcome and instead tolerate uncertainty)*