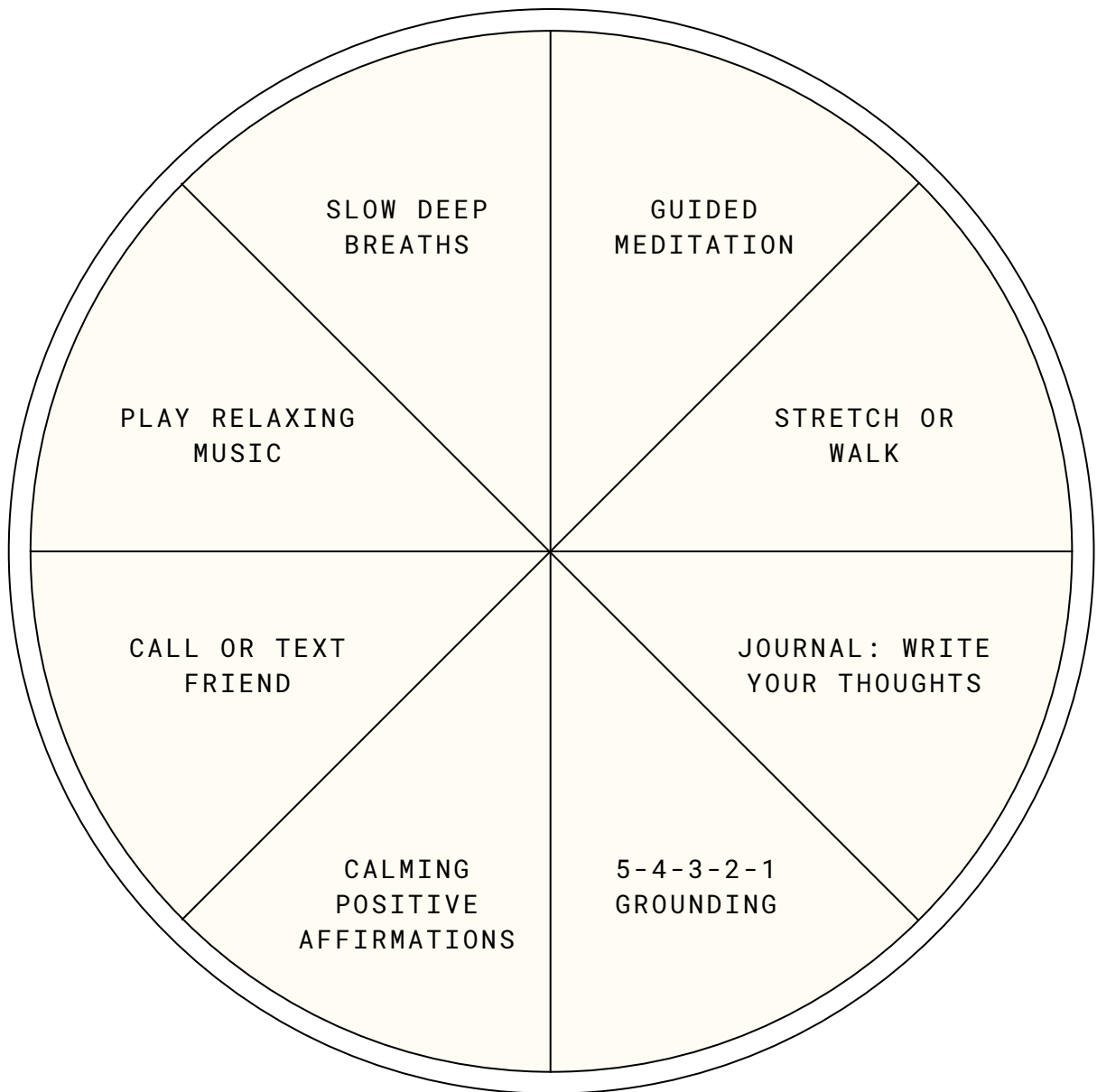


# STRESS AND ANXIETY COPING WHEEL



## Stress and Anxiety Coping Wheel

### Instructions:

1. Identify what you're feeling (e.g., overwhelmed, tense, restless).
2. Select a strategy from the wheel.
3. Practice the strategy to help reduce stress and anxiety.
4. Repeat as needed or try a different strategy.

### Coping Strategies:

- 1. Slow Deep Breaths**
  - Inhale for 4 seconds, hold for 4 seconds, and exhale for 6 seconds.
- 2. Progressive Muscle Relaxation**
  - Tense each muscle group for 5 seconds, then release.
- 3. Mindful Meditation**
  - Focus on your breath or use a guided meditation.
- 4. Stretch or Move**
  - Do light stretches or take a short walk.
- 5. 5-4-3-2-1 Grounding**
  - Identify 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.
- 6. Write It Down**
  - Journal your thoughts or make a list of worries.
- 7. Positive Affirmations**
  - Repeat calming phrases like, "I am safe," or "I can handle this."
- 8. Listen to Music**
  - Play relaxing or uplifting music to calm your mind.
- 9. Connect with Someone**
  - Talk to a friend, family member, or trusted person.
- 10. Visualize Calm**
  - Imagine yourself in a peaceful place like a beach or forest.