

# anxiety management skills

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## MINDFULNESS SKILLS

*Can you practice being mindful, present, and doing only one thing in the moment? How did it go?*

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## DISTRESS TOLERANCE

*Practice Radical Acceptance in order to be able to make a choice and move forward.*

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## EMOTION REGULATION

*PLEASE: Treat Physical Illness, Exercise, Avoid substances, Sleep, and balanced Eating.*

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## INTERPERSONAL EFFECTIVENESS

*Assert yourself when it comes to setting boundaries for you and your family. Validate the opinion of others (it doesn't mean you agree).*

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### Anxiety Management Techniques

- 3 part breath
- breathe out your mouth
- long exhales
- 4-7-8 breath
- square breathing
- pretzel arms

### Mantras for coping:

- This is temporary; this too shall pass
- Don't go in your mind where your body is not