

# Anxiety Checklist

Calming, practical coping tools to help you steady yourself during anxious moments.

## In the Moment: Steady Yourself

- Pause and remind yourself that this feeling is temporary  
*Anxiety peaks and then eases; you can ride the wave.*
- Slow your breathing, making the out-breath a little longer
- Plant your feet on the floor and feel the ground beneath you
- Unclench your jaw, drop your shoulders, and relax your hands
- Sip some water and move slowly rather than rushing

## Grounding Techniques

- Name five things you can see, four you can hear, three you can touch
- Hold something cool or textured and focus on the sensation
- Press your feet down and notice the support beneath you
- Describe your surroundings in simple, factual detail
- Splash cool water on your face or hold a cold object  
*A cool sensation can gently calm a racing body.*

## Calm Your Thoughts

- Notice anxious thoughts without believing every one of them
- Ask yourself what you would tell a friend feeling this way
- Write down the worry to get it out of your head
- Separate what you can control from what you cannot
- Postpone problem-solving until you feel calmer

## Care for Your Body

- Go for a short walk or move to release tension
- Try gentle stretching or a few slow yoga poses
- Eat something steady and avoid skipping meals
- Reduce caffeine, which can heighten anxious feelings  
*Caffeine can mimic or worsen the physical signs of anxiety.*
- Aim for regular sleep, since tiredness can fuel anxiety

## Reduce Triggers and Build Routine

- Take breaks from news and social media when anxious
- Keep a simple, predictable daily routine where you can
- Limit alcohol, which can worsen anxiety later
- Plan ahead for situations you find stressful
- Make time each day for something calming you enjoy

## Reach Out and Get Support

- Tell someone you trust how you are feeling
- Ask for company or help with something overwhelming
- Consider speaking with a doctor or mental-health professional

- Important: This checklist is general self-care information, not treatment or medical advice. If anxiety affects your daily life, please consult a qualified mental-health professional.
- If you are in crisis or having thoughts of self-harm, contact a crisis line or emergency services right away. You are not alone and help is available.