

200 Anxiety Coping Tools

1. Take a slow, mindful walk now.
2. Hold something cold to refresh focus.
3. Listen to upbeat music and clap.
4. Light a candle and notice aroma.
5. Write three things you see clearly.
6. Sit against a wall for stability.
7. Rub lotion on your hands mindfully.
8. Shake out your hands to release.
9. Move your neck gently in circles.
10. Practice four-seven-eight breathing calmly now.
11. Name your current emotion out loud.
12. Sip your warm tea very slowly.
13. Brush your hair gently for comfort.
14. Tidy a small area for grounding.
15. Stretch upward and take a breath.
16. Repeat a grounding mantra for safety.
17. Look at a comforting photo intentionally.
18. Splash cool water on your face.
19. Trace your hand's outline slowly now.
20. Watch a nature video for calmness.
21. Hum your favorite song very softly.
22. Squeeze a pillow tightly for comfort.
23. Pet an animal or imagine it.
24. Wiggle your toes slowly to reconnect.
25. Rewrite your thought in calming language.
26. Open a window and feel air.
27. Feel your belly rise while breathing.
28. Stand barefoot to ground your body.
29. Repeat "This moment will pass" slowly.
30. Search quickly for colors around you.
31. Hold something heavy to feel anchored.
32. Draw a slow spiral for focus.
33. Relax your muscles progressively and gently.
34. Wrap yourself in a warm blanket.
101. Write an acrostic poem for grounding.
102. Shrug your shoulders gently to release.
103. Feel pocket fabric with full attention.
104. Imagine packing your worries away.
105. Lift your eyebrows gently, then relax.
106. Squeeze a towel firmly for grounding.
107. Smell floral scents to refresh senses.
108. Blow out imaginary candles with intention.
109. Imagine strolling peacefully through a city.
110. Read a comforting book passage slowly.
111. Stack small items neatly to focus.
112. Chew a snack mindfully for grounding.
113. Say "I choose peace" with intention.
114. Draw a quick self-portrait mindfully.
115. Name three animals you truly love.
116. Massage your hands slowly for comfort.
117. Hold a spoon to your cheek.
118. Touch varied textures for sensory grounding.
119. Use a heating pad for warmth.
120. Rearrange small items to regain control.
121. Bounce a soft ball with rhythm.
122. List items starting with "S" playfully.
123. Draw a rainbow slowly with focus.
124. Practice alternate-nostril breathing for calm.
125. Whisper count to ten very gently.
126. Apply lotion mindfully to your hands.
127. Water a plant to restore presence.
128. Notice something moving outside slowly.
129. Fold a towel neatly for grounding.
130. Stretch your spine tall with intention.
131. Smile at yourself kindly in mirrors.
132. Put on cozy socks for warmth.
133. Play with putty or clay gently.
134. List places you wish to visit.

35. Smell citrus or peppermint for alertness.
36. Prepare a warm, comforting drink slowly.
37. Use a fidget object for grounding.
38. Sit upright and open your chest.
39. Tear up worries written on paper.
40. Doodle freely to release mental tension.
41. Count surrounding objects to regain presence.
42. Rotate your ankles very gently now.
43. Visualize blowing bubbles into the air.
44. Imagine yourself in a peaceful place.
45. Say "No" firmly when overwhelmed.
46. Watch drifting clouds to calm down.
47. Read an uplifting quote for encouragement.
48. Hold a grounding stone during stress.
49. Press your feet firmly into ground.
50. Try EFT tapping to ease tension.
51. Spell your name backward very slowly.
52. Smell familiar spices for sensory grounding.
53. Run warm water over your hands.
54. List five things you feel grateful.
55. Read a short grounding meditation slowly.
56. Recite a memorized poem for calmness.
57. Count backward from twenty with intention.
58. Name three textures you can feel.
59. Put on soft clothing for comfort.
60. Bounce gently on your toes mindfully.
61. Read a comforting children's story aloud.
62. Hug yourself firmly for emotional support.
63. Move through cat-cow stretches slowly now.
64. Write an unsent letter to release.
65. Repeat "I can handle this" confidently.
66. Pretend to blow out birthday candles.
67. Lie on the floor to ground.
68. Listen for distant sounds with attention.
69. List people who support you emotionally.
70. Rotate your wrists slowly and gently.
71. Fold simple origami to focus mindfully.
135. Trace a figure-eight slowly now.
136. Tap each finger to your thumb.
137. Read affirmations aloud for reassurance.
138. Sit cross-legged and breathe deeply.
139. Imagine warm sunlight covering your body.
140. Trace patterns on your arm softly.
141. Touch wooden surfaces and notice details.
142. Look for geometric shapes around you.
143. Stack cushions neatly to regain calm.
144. Write ten comforting words for peace.
145. Brush your teeth mindfully for grounding.
146. Clean your screen to reset focus.
147. Fold paper into a simple shape.
148. Lift your knees gently for grounding.
149. Read a calming poem with intention.
150. Imagine walking through a quiet forest.
151. Identify three nearby sounds attentively.
152. Identify three distant sounds thoughtfully.
153. Imagine floating gently on a cloud.
154. Rub small circles on your chest.
155. Visualize a safe room surrounding you.
156. Stretch against a wall for grounding.
157. Write a simple to-do list mindfully.
158. Plan your next meal calmly now.
159. Watch candlelight flicker slowly and softly.
160. Warm your hands under comforting water.
161. Tap your forehead gently to ground.
162. Think about a favorite scent thoughtfully.
163. Look at artwork to inspire calm.
164. Flip through a magazine for distraction.
165. Notice fabric patterns with close attention.
166. Say the alphabet slowly with intention.
167. Perform slow squats to release tension.
168. Pretend to paint the air gracefully.
169. Sort items by color for grounding.
170. Rub your feet gently on flooring.
171. Visualize standing peacefully on a beach.

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| 72. Color a small shape for calmness. | 172. Imagine your stress drifting gently away. |
| 73. Drum your fingers softly for grounding. | 173. Draw a mandala slowly for focus. |
| 74. Sway gently side to side rhythmically. | 174. Count surrounding items to regain presence. |
| 75. Hold a warm mug for comfort. | 175. Hold something soft for gentle comfort. |
| 76. Watch a funny clip to relax. | 176. Read a calming message to soothe. |
| 77. List five joyful things you notice. | 177. Imagine hugging someone safe and loving. |
| 78. Visualize your favorite meal in detail. | 178. Look for numbers around your environment. |
| 79. Smell your shampoo for sensory grounding. | 179. Try guided imagery to restore peace. |
| 80. Find something blue in your space. | 180. Shake out your legs to release. |
| 81. Write a one-page brain dump now. | 181. Visualize warm light expanding outward. |
| 82. Warm your cheeks gently with hands. | 182. Stretch your fingers wide, then relax. |
| 83. Imagine floating peacefully in warm water. | 183. Read a joke to lighten mood. |
| 84. Create a short playlist for calming. | 184. Imagine a tiny world with detail. |
| 85. List three strengths you deeply value. | 185. Hold a warm cup with gratitude. |
| 86. Practice box breathing to regain calm. | 186. Hug your knees gently to chest. |
| 87. Tap your legs alternately with rhythm. | 187. Imagine ocean waves moving calmly. |
| 88. Straighten a small stack of papers. | 188. Notice shadows shifting softly around you. |
| 89. Look at family photos for comfort. | 189. Picture yourself lying peacefully in grass. |
| 90. Solve a simple puzzle for grounding. | 190. Recall a favorite memory with warmth. |
| 91. Massage your temples to ease tension. | 191. List upcoming things you look forward. |
| 92. Relax your jaw consciously and fully. | 192. Fold forward gently to stretch body. |
| 93. Use aromatherapy oils to support relaxation. | 193. Sit quietly for thirty calm seconds. |
| 94. Visualize warm light surrounding your body. | 194. Write five descriptive words about now. |
| 95. Say your favorite word out loud. | 195. Imagine stress floating softly away now. |
| 96. Sit near sunlight to boost calmness. | 196. Drum your hands lightly on legs. |
| 97. Clap once loudly to reset focus. | 197. Clap a rhythmic pattern to refocus. |
| 98. Read an inspirational message for hope. | 198. Look for symmetry in your surroundings. |
| 99. Hold a cool metal object firmly. | 199. List comforting foods you truly enjoy. |
| 100. Lean fully into your supportive chair. | 200. Name three goals you hope for. |