

Coping and Grounding Strategies

Try these strategies when you are feeling anxious or stressed:

- **Take a time-out**
Step away from the source of stress and engage in a different activity. Make a list of activities that you find relaxing and turn to those when you feel stressed. For example, practice yoga, listen to music, meditate, make art or crafts, or spend time with a pet. Stepping back from the problem can help clear your head.
- **Eat well-balanced meals**
Don't skip any meals. Keep healthy, energy-boosting snacks on hand. Limit alcohol and caffeine intake, which can aggravate anxiety and trigger panic attacks. Drink lots of water to stay hydrated!
- **Get enough sleep**
When stressed, your body needs additional sleep and rest.
- **Exercise daily**
Choose a workout that works best for you. A short walk, chair exercises, dancing, etc.
- **Take deep breaths**
Inhale and exhale slowly.
- **Count to 10 slowly**
Repeat, and count to 20 if necessary.
- **Do your best**
Instead of aiming for perfection, which isn't possible, be proud of how close you get.
- **Accept that you cannot control everything**
Put your stress in perspective: is it really as bad as you think?
- **Welcome humour**
A good laugh goes a long way.
- **Get involved**
Volunteer or find another way to be active in your community. This can create a support network and give you a break from everyday stress.
- **Learn what triggers your anxiety**
Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious and look for a pattern.
- **Talk to someone**
Tell friends and family when you're feeling overwhelmed and let them know how they can help you.