

HELPFUL COPING SKILLS FOR TEEN ANXIETY

Coping skills are things teens can do to help them reduce, and better manage anxiety. They help us to calm our brain and body. There are several types of helpful coping skills that teens can use depending on the situation. Look below and find some that fit best with your personality.

RELAXATION SKILLS



- Take 3 deep belly breaths
- Take a nap
- Tense and relax your muscles
- Self-massage neck/shoulders
- Meditate
- Use a relaxation app

DISTRACTION SKILLS



- Engage in a hobby
- Count from 1-100
- Listen to music
- Puzzles/Word Search
- Watch TV/Movie
- Reading

THINKING/MENTAL SKILLS



- Self-coaching
- Think of 3 things you are grateful for
- Encouraging Statements
- Think of a peaceful place
- Visualize yourself calming down
- Challenge Anxious Thoughts

GOOD HEALTH HABITS



- Get a full night's sleep
- Do not skip meals
- Eat healthy foods and snacks
- Reduce caffeine consumption
- Say no to energy drinks
- Exercise 3-5 days per week



GROUNDING SKILLS

- Mindfulness
- Look: 5 Things you see
- Feel: 4 Things you touch
- Listen: 3 Things your hear
- Smell: 2 Things you smell
- Taste: 1 thing you taste

MOVEMENT SKILLS



- Arm Circles
- Run/jog/brisk walk
- Exercise
- Bike Ride
- Stretching/Yoga
- Martial Arts/Tai Chi/Qi Gong

CREATIVE OUTLETS



- Art
- Writing
- Coloring/Painting
- Building
- Drawing
- Hands-on Activities

SELF-CARE



- Rest
- Take a break when you need it
- Get out in nature
- Take a warm shower/bath
- Talk to a trusted person
- Get a drink of water