



Margaret Tobias, Psy.D.

## **Anxiety Management Techniques**

### **Notice and accept your feelings**

What you are feeling is called anxiety (worries, fears, nervousness, stress), and it is normal and OK to feel that way.

### **Take slow deep breaths**

In through your nose, out through your mouth.

### **Visualization**

Close your eyes and imagine yourself in a calm, relaxing place (e.g., the beach, a quiet garden). What kinds of things would you see or hear in that place? Try using all five senses to imagine the peaceful scene in detail.

### **Take a break**

Remove yourself from what is causing stress. Take a walk down the hall, get a drink, take a bathroom break.

### **Talk to yourself**

Tell yourself something encouraging (e.g., You can do this. It's ok if you don't do great - just try your best. This is stressful now, but it will be over soon.) Sometimes it helps to think, "What would I say to a friend who was having this problem?"

### **Distraction**

Do something to temporarily distract yourself from the worried thoughts. Get involved in an activity or conversation, or use distraction techniques in your mind (e.g., solve difficult math problems in your head; scramble the letters of a word to try to make new words).

### **Talk to someone supportive**

Telling a teacher or friend what is worrying you can help get it off your chest and give them an opportunity to offer assistance.

### **Practice**

Doing something that feels scary over and over again will help you get used to it. If you avoid the scary situation, it will only continue to feel scary.