

LEGENDARY THERAPY



ANXIETY COPING TOOLKIT

KEEP YOUR FAVORITE COPING STRATEGIES IN ONE PLACE SO
THEY'RE READY WHEN YOU NEED THEM.

- ☐ 5-4-3-2-1 grounding
- ☐ Box breathing (4-4-4-4)
- ☐ Progressive muscle relaxation
- ☐ Evidence for vs. against my worry
- ☐ Call/text a support person
- ☐ Take a 10-minute walk
- ☐ Drink water & eat something nourishing
- ☐ Positive coping statement
- ☐ One small next step
- ☐ Emergency contacts / crisis resources

My personalized coping tools:

This worksheet is for educational purposes and is not a substitute for therapy.
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