

# Quick Calm: Your Anxiety Coping Checklist

*Simple, science-backed steps to regain control when anxiety strikes.*

## Daily Coping Actions

- ☐ Practice 4-7-8 breathing for 2 minutes
- ☐ Use the 5-4-3-2-1 grounding technique
- ☐ Take a 10-minute walk or stretch
- ☐ Limit screen time after 9 PM
- ☐ Drink a glass of water (skip caffeine!)
- ☐ Write down 3 things you're grateful for
- ☐ Reach out to a friend or loved one
- ☐ Spend 10 minutes doing a calming hobby (reading, drawing, music)
- ☐ Meditate or use a calming app (like Headspace or Calm)
- ☐ Get 7-9 hours of sleep

## When to Seek Professional Support

- Persistent anxiety interfering with work or relationships
- Panic attacks or physical symptoms (e.g. chest tightness, dizziness)
- Feeling out of control even with coping tools

*Helpful Links:*

[ADAA.org](https://adaa.org) - Anxiety Resources

[PsychologyToday](https://www.psychologytoday.com) - Find a Therapist

[BetterHelp](https://www.betterhelp.com) - Online Counseling

*"Anxiety is a message, not a life sentence. You can respond with tools, not fear."*