

## Coping with Anxiety

### Overview

Grounding and mindfulness skills help manage anxiety by anchoring you to the present moment and regulating your breath.

### Skills

- 5-4-3-2-1 Grounding: Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
- 4-7-8 Breathing: Inhale 4, hold 7, exhale 8 — repeat several times.
- Riding the Wave: Observe the emotion rise and fall like an ocean wave; breathe until it passes.

### Reflection Prompts

- What sensations signal that anxiety is rising?
- What wave am I learning to ride?

### YouTube Links

Video Resources:

- [5 Senses Grounding](#) – Calm Clinic
- [4-7-8 Breathing Practice](#) – Calm Clinic:
- [Riding the Wave](#) – “*Ride the Wave*” Guided Meditation from Amber Yoga