



Prom[p]t

Write.
Discover.
Grow.

Managing Anxiety and Stress

A list to help you cope when life is uncertain

Strategies for 'In the Moment'

Learn more about integrating self-care benefits into everyday life at www.prompt.love.

- Breathe.** Take deep breaths. Deep breathing increases the supply of oxygen to your brain and signals your nervous system to calm down.
- Delay any immediate decisions.** Count to 20. If needed, repeat until breathing and emotions are regulated.
- Take a mindful timeout.** When needed, distance yourself from the concern. Stepping back can help clarify the issue. Find a mindful practice or relaxation technique. Ideas: journaling, meditation, yoga, prayer, chanting, drumming, art therapy, and music.
- Reach out for help.** Talk with family/friends to help process the issue. If needed, seek help from a professional therapist. Telehealth & online counselors are available most hours. In AZ, our services: <https://www.prompt.love/healing>.