

SuperBetter



MindShift



Resources
 National Suicide Prevention Lifeline
 1-800-273-TALK (8255)
 3-digit number 988 (as of July 16, 2022)
 suicidepreventionlifeline.org
 Crisis Text Line
 Text HOME or ACT to 741741
 San Diego Access and Crisis Line
 1-888-724-7240
 The Peer-Run Warm Line
 1-855-845-7415
 mentalhealthsf.org/peer-run-warmline

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Coping with Anxiety

Occasional anxiety can be a normal part of life. However, persistent anxiety can get in the way of performing daily activities.



To better equip yourself for stressors such as exams, here is one technique to help fill your coping skills 'toolbox'!

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Grounding with your Five Senses


Grounding helps redirect your mind from the stressor to the present. Here are five steps to consider when faced with anxiety:

5 What are five things you can see? 


"I see my teacher, my friend, my backpack, a bookshelf, and a whiteboard."

4  What are four things you can feel?


"I feel the shoes on my feet, my pencil, the air-conditioner's breeze, and the ground below me."

3 What are three things you can hear? 



2 What are two things you can smell? 


"I can smell my coffee and the hand sanitizer."

1 What is one thing you can taste? 



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