

mentalhealthsf.org/peer-run-warmline 9l74-978-998-l

The Peer-Run Warm Line

1-888-724-7240 San Diego Access and Crisis Line

Text HOME or ACT to 741741

suicidepreventionlifeline.org 3-digit number 988 (as of July 16, 2022) 1-800-273-TALK (8255)

National Suicide Prevention Lifeline

Resources

Crisis Text Line



mentalhealthsf.org/peer-run-warmline 9142-948-998-I

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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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mentalhealthst.org/peer-run-warmline 9177-848-238-1

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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:







What are four things you can feel?

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

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





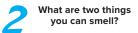
chirping





talking

opening





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



What is one thing you can taste?





My gum

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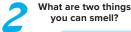






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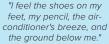
my backpack, a bookshelf,

and a whiteboard."





What are four things you can feel?



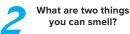














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What are four things you can feel?

"I feel the shoes on my "I see my teacher, my friend, feet, my pencil, the airmy backpack, a bookshelf, conditioner's breeze, and and a whiteboard." the ground below me.'





hear?









My teacher talking

The door opening



What are two things you can smell?



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



What is one thing vou can taste?





My gum