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!’

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

MindShift

Coping with Anxiety

Coping with Anxiety

Coping with Anxiety

Coping with Anxiety
**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:

1. **What is one thing you can taste?**
   - "I can smell my coffee and the hand sanitizer."
   - My gum

2. **What are two things you can smell?**
   - "I can smell my coffee and the hand sanitizer."
   - My gum

3. **What are three things you can hear?**
   - "I hear the shoes on my feet, my pencil, the air-conditioner’s breeze, and the ground below me."
   - Birds chirping, My teacher talking, The door opening

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

5. **What are five things you can see?**
   - "I see my teacher, my friend, my backpack, a bookshelf, and a whiteboard."
   - "I see my teacher, my friend, my backpack, a bookshelf, and a whiteboard."