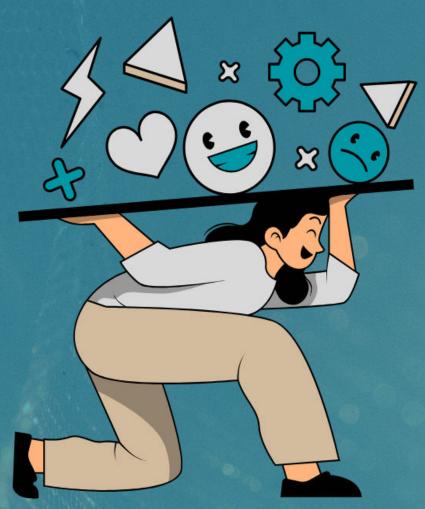
10 Everyday Tips to Cope Stress & Anxiety





Remember that anxiety is like a wave and the intense, uncomfortable, feeling, will not last forever. Anxiety rises and falls and eventually will go away.

- Kelli Cook, LPC-S



- Try Box Breathing Inhale for 4 counts, hold for
 - Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 1–2 minutes. This simple breathing technique helps reset your nervous system.
- 2 Identify Triggers
 Pay attention to patterns, do certain people, places, or tasks spike your anxiety?
 Awareness is the first step toward change.
- Movement

 Exercise doesn't have to be intense. There are all kinds of movements available to us today. Whether we opt for a walk in nature, dancing, strength training, breathing classes or a yoga session can ease tension and boost your mood and your overall health
- Create a Morning Routine
 Start your day with intention; a 5-minute stretch, journaling, or silent meditation to set the intention for a calm tone for the day.
- Stay Hydrated
 Dehydration can mimic anxiety. Drink water regularly to support your body and mind and your overall health. Being Hydrated supports the entire mind and body.
- Limit Doomscrolling
 Set boundaries for yourself around news and social media. Choose specific times to check in and stay informed without spiraling.
- Practice Grounding
 Try the 5-4-3-2-1 technique: Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste. It brings you back to the present. Grounding is also a good way to support balance and detoxification.
- Use Supportive Apps
 Apps like Calm, Headspace, or Insight Timer offer guided meditations and anxiety support tools.
- Set Gentle Boundaries
 Protect your peace. It's okay to say no, reschedule, or ask for space.
- Reach Out for Help
 Sometimes, stress and anxiety can feel too heavy to manage alone—and that's okay. Support from a mental health professional can make a real difference. Treatments like therapy, medication management, or advanced options like TMS and SPRAVATO® may help when self-care isn't enough. We're here when you're ready.

Learn more at compassionatepsychiatry.org or give us a call.

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