

10 Everyday Tips to Cope with 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



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1

Try Box Breathing

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.

3

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

4

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.

5

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.

6

Limit Doomscrolling

Set boundaries for yourself around news and social media. Choose specific times to check in and stay informed without spiraling.

7

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.

8

Use Supportive Apps

Apps like Calm, Headspace, or Insight Timer offer guided meditations and anxiety support tools.

9

Set Gentle Boundaries

Protect your peace. It's okay to say no, reschedule, or ask for space.

10

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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