

DrSonia Patient Handout
Anxiety coping strategies and resources

Anxiety is common and treatable. Small steps help.

Coping tools

- Slow breathing (inhale 4, exhale 6).
- Grounding: name 5 things you see, 4 you feel, 3 you hear.
- Limit caffeine and keep a steady sleep schedule.

Support

- Consider counseling or group programs.
- Reach out if anxiety limits daily life.

Source: Canadian Mental Health Association
Educational use only; not medical advice.