Quick Coping for Anxiety & Fatigue

ROAR

Relax: Deep breath; play a phone game
Orient to the present. Use sight, touch, sound, smell & taste.
Attune to what you need or do not need right now.
Release; use muscle-relaxation; tighten your fist; hold; release; repeat with different muscles.

ACCEPTS

Action: Do something: breath, sing
Contribute: Do something for someone else. Call; smile; ask how they are; hold the door
Compare past successes. Ask how I can use what I learned now?
Exercise
Push away: Take a break.
Thoughts: Label: “This is only a thought”; Picture a “Stop sign”; Give gratitude for 1 thing
Sensations: Notice what you can see, touch, hear, smell or taste

IMPROVE

Imagine to relax; plan for a fun activity; see yourself floating on a clam lake.
Manage your thoughts; Label: “This is only a thought”; Picture a “Stop sign”; Give gratitude for 1 thing.
Pray or meditate
Relaxation: Breath; play a game
One thing in the present you can focus on using your senses.
Vacation: Visualize a safe or relaxing place; go outside; change your physical location
Encourage yourself; positive self-talk
**TIPP**

Temperature change: splash cold water on your face; drink ice water; go outside

Intense exercise

Pace your breathing; interrupt negative thoughts.

Pair muscle tightening with muscle relaxation; feel the release

**STOP**

Stay still; Do not react; Listen only

Take a deep breath

Observe what you are feeling, thinking, your surroundings, who you are with

Proceed mindfully. What action do you want to take right now?

**Some key overlaps in these models are:**

Pause

Relax & breath

Notice your immediate surroundings by using your senses

Movement

Reflecting on what you need right now & act on that need.

I hope this will be useful yourself & when working with others. We are in this together.