

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.