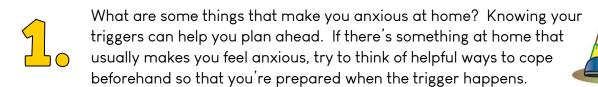# Coping with anxiety at
HOME

Anxiety triggers can happen anywhere! Read below to learn how to cope with your feelings of anxiety when you're at home!

1. What are some things that make you anxious at home? Knowing your triggers can help you plan ahead. If there's something at home that usually makes you feel anxious, try to think of helpful ways to cope beforehand so that you're prepared when the trigger happens.

2. Know your body warning signs! Your body will give you clues to let you know that you are starting to feel anxious. Some people start to sweat or get fidgety, or it becomes harder for them to breath. Whenever you feel your warning signs begin, that lets you know that it is time to take action. What happens to your body when you start to feel anxious?

3. Find a place in your house that is peaceful. In this place, put a few things that might distract you or help you feel better when you're anxious, such as puzzles, music, books, or coloring pages. Make sure to go to this place whenever you feel yourself getting anxious. You can also do fun things outside to distract yourself – with your parent's permission.

4. Use positive self-talk! Positive self-talk is when you say things to yourself to keep calm when you're feeling anxious. Try to tell yourself to "breathe" or that "everything will be OK." What are other things you might be able to say when you feel anxious? Remember to stay positive! Having negative thoughts or self-talk will only make things worse.

5. Think of ways to relax your body. Deep breathing is a simple way to get your body to calm down. Try breathing in and out slowly. While doing this, count to 10 or imagine being at a place that is calming. Squeezing and relaxing different parts of your body can also be helpful. You can also make and use a stress ball whenever you start feeling anxious.

6. Talk to your parents if you feel that your anxiety is a big problem for you at home. Work together with your parents and other family members to think of ways to help you cope when you get anxious. Let them know what they can do or say that would be helpful.

Home should be a place of peace and calm for you, but there might be people or situations that make you feel anxious or nervous. If there are anxiety triggers that a parent/guardian or trusted adult is able to help you with, be sure to let them know.