

Support & Soothe Tools



Having these simple items on hand in a kit you can carry with you can help relieve anxiety in stressful situations.

Cooling Breath Mints



Sucking on a breath mint can help relieve anxiety. Focus on the taste and coolness of the mint to help ground you.

Hand Lotion



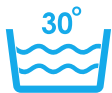
Focus on the repetitive motion of rubbing lotion into your hands. Be careful of scented lotions, some scents can relieve anxiety and other smells can be triggering if you have scent sensitivity.

Stress Balls



Roll a stress ball across your leg or arm, or squish it between your hands. You may want to get a variety of squish balls such as ones that are heavier in weight, different textures and ones that make noise.

Cold Water & Ice Packs



If you notice you are becoming overwhelmed, overheated, feeling dizzy, light headed, irritated, or anxious, use an ice pack or drink a cold glass of water. A temperature change can bring down emotional stress.

Coil Bracelets or Rubber Bands



If you are feeling distracted, wear elastic bands on your wrists or coil bracelets. Snapping them helps to decrease unwanted thoughts, alleviate anxiety and re-focus.