

Technique for Anxiety



The following is a technique that may be helpful the next time you find yourself experiencing overwhelming symptoms of anxiety.

5-4-3-2-1 Coping Technique for Anxiety

FIVE things you see around you.

FOUR things you can touch around you.

THREE things you hear.

TWO things you can smell.

ONE thing you can taste.

Anxiety



1. If I'm experiencing symptoms after hours and need assistance, how can I get in contact with a practitioner?
Are there 24hr services I can utilize?

2. Is there anything I need to be aware of if I take over-the-counter or prescription medicines?

- Please be sure you fully understand how you are meant to take the suggested medicines and ask your Practitioners any questions beforehand. You are not bothering them; your safety is their priority.

3. Aside from medications and psychotherapy, are there any other treatment options that I can explore?
