



St Oswald's
Hospice

Ideas to help with anxiety

1

Phone a
friend

2

Deep
breathing

3

Hold on to
someone

4

Go for
a walk

6

Showers and
baths with oils

7

Engage all
5 senses

8

Distractions
(TV, paint nails,
walk dog)

9

Calming
music

10

Do something
with your
hands

11

Write it
out

12

Drink cold
water

13

Cuddle a
weighted
blanket

