

Quiet Coping Skills

Discreet, desk-friendly tools you can use silently in the moment to reduce anxiety and stay engaged with what you are doing.

- **Name the Alarm (labeling):** Silently label what is happening: "This is anxiety. This is my alarm system."
- **Externalize the Thought:** Create distance: "My brain is giving me a fear story right now."
- **Compassion Script (10 seconds):** Shift from fight-or-flight to care: "Someone is having a hard moment. I can respond with kindness."
- **Reality Check Card (mental):** Repeat a few quick truths: Trigger does not equal danger. Discomfort does not equal sickness. Feelings are not facts. I can handle this.
- **Worry Postponement:** Defer rumination: "Not now. I will think about this at __:__ for 10 minutes." Then return to the next step.
- **So What / Then What:** Walk the fear through: So what am I afraid will happen? Then what would I do? What is most likely? What is one helpful next step?
- **Urge Surfing:** Track the urge like a wave: rising, plateau, falling. Rate intensity 0-10 every 30-60 seconds.
- **Cognitive Defusion Phrase:** Add: "I am having the thought that..." (ex: "I am having the thought that I will get sick.")
- **Attention Zoom Lens:** Shrink the task: read one sentence, highlight one word, do one action. Momentum breaks the loop.
- **Mental Category Game:** Pick a category and go A-Z (dogs, cities, foods). Use it as a reset from rumination.
- **Values Cue (micro-choice):** Ask: "What would compassion/health/steadiness look like for the next 60 seconds?" Then do that.
- **Tactile Anchor:** Touch a small totem item or Velcro under the desk and pair it with a phrase: "Here. Now. Safe enough."
- **Both / And Statement:** Hold two truths: "I can feel anxious AND keep going."