

# Anxiety Coping Statements

- This feeling is uncomfortable, but I can handle it.
- I can feel anxious and still deal with this situation.
- This is not a real emergency. I can slow down and think about what I need to do.
- This feeling will go away.
- By staying present and focused on tasks, my anxiety will decrease.
- These are just thoughts — not reality.
- Anxiety won't hurt me.
- Feeling tense is natural. It tells me it's time to use coping strategies.
- Things are not as bad as I am making them out to be.

# Fear Coping Statements

- I've done this before so I can do it again.
- I'll be glad I did it when this is over.
- I'll feel better when I am actually in the situation.
- I'll just do the best I can.
- By facing my fears I can overcome them.
- Worrying doesn't help.
- Whatever happens, happens. I can handle it.

# Feeling Overwhelmed **Coping Statements**

- Take a deep breath.
- Stay focused on the present. What do I need to do right now?
- It will soon be over.
- It's not the worst thing that could happen.
- Step by step until it's over.
- I don't need to eliminate stress, just keep it under control.
- Once I label my stress from 1 to 10, I can watch it go down.

# Phobias Coping Statements

- Take a deep breath and take your time.
- I can always retreat out of this situation if I decide to.
- There is nothing dangerous here.
- This feeling is just adrenaline. It will pass in a couple of minutes.
- These feelings are not dangerous.

# Panic Coping Statements

- Take a deep breath and take your time.
- I can always retreat out of this situation if I decide to.
- There is nothing dangerous here.
- This feeling is just adrenaline. It will pass in a couple of minutes.
- These feelings are not dangerous.

# Social Anxiety Coping Statements

- I don't have to be perfect.
- I can leave whenever I want to.
- Boundaries are healthy
- Be nice to yourself.
- Push through the worry; it'll be worth it.
- Focus on the positives.
- The more I give, the more I get.
- Buddy systems work.
- Call a trusted friend.
- I am enough!

# Pain Management Coping Statements

- I can control the pain.
- One-step at a time — I can handle this.
- I need to stay focused on the positives.
- It won't last much longer.
- This is not as bad as I thought.
- No matter how bad it gets, I can do it.
- It will be over soon.

# Anger Management Coping Statements

- I am going to breathe slowly until I know what to do.
- Remember to breathe. Remember to breathe.
- It's not worth getting mad about.
- I won't take this personally.
- I am in charge, not my anger.
- Getting angry is not going to help.
- I can handle this and stay in control.
- People aren't against me — they're for themselves.



*If you or someone you know  
is in emotional pain and needs help,*  
**CALL 401- 414-LINK (5465)**



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