

Self-Soothe Kit

For Anxiety Attacks at Work

Find a pouch or bag that suits you and fill it with the following items:

A doodle of a box that says “breathe”
Sour candies
Scented lip balm or hand cream
A pen and beautiful note-paper
Tea bags
A stress ball

So You're Having an Anxiety Attack. And you're at work. Ugh. This sucks. But you're prepared with a few helpful tools. Find a private, quiet place for a few minutes and take care of yourself.

1. Focus on Your Breathing

Find the picture of a box that says "breathe". When anxiety tightens its grip, breathing often becomes shallow and fast. Try slowing your breath down by counting to four as you inhale, holding for four, and exhaling for four. This technique, called box breathing, can help signal to your body that it's safe to relax.

2. Ground Yourself in the Present

Find the sour candies and scented lip balm or hand cream. Engage your senses to reconnect with the present moment.

3. Use Gentle Self-Talk

Find the pen and cute note paper to write kind notes and gratitude to yourself. Write a gratitude list on a scrap of paper on your desk, or all the good things that have happened so far in the day. This small act of self-compassion can retrain your brain to focus on what is positive.

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4. Engage in a Soothing Activity

Find a tea bag and make a cup of tea. Engaging in a small, calming activity can distract your mind and calm your nerves. Whether it's holding a warm cup of tea, taking a trip up the stairwell for a 5-minute activity break, or listening to soft music, these little rituals can bring comfort during a storm of anxiety.

5. Try Progressive Muscle Relaxation

Find the stress ball and practice progressive muscle relaxation. Tense and release each muscle group in your body, starting from your toes and moving up to your head. This helps release physical tension that often accompanies anxiety. By consciously relaxing your muscles, you're sending a message to your body that it's time to relax.