

Coping Skills

Diaphragmatic "Belly" Breathing Technique

1

Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.

2

Place one hand on your upper chest and the other just below your rib cage.

3

Breathe in slowly through your nose so that your stomach moves out against your hand.

4

Tighten your stomach muscles, so that your stomach moves back in, as you exhale through pursed lips.

This will allow you to feel your diaphragm move as you breathe.

The hand on your chest should remain as still as possible.

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

5 

things that you can **see**

4 

things that you can **touch**

3 

things that you can **hear**

2 

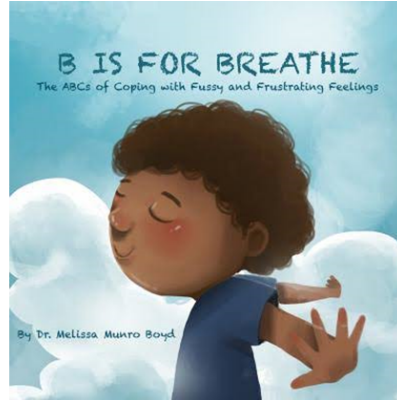
things that you can **smell**

1 

things that you can **taste**

Book Recommendations & Resources

Check out these books about mental health and coping skills!



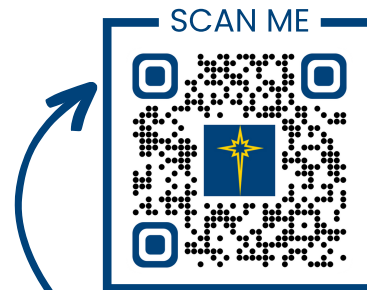
Resources

Suicide and Crisis Lifeline: 9-8-8

**Behavioral Health Walk-In Center
(Leighton): 610-577-0555**

**Outpatient Mental Health Services:
484-822-5703**

**Your Emotional Strength Supported (YESS!) St. Luke's Mental Health Programs
Program: 484-822-5772**



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