

# Options to Manage Your Anxiety in the Hospital

## How to Reduce Stress and Anxiety

Entering the hospital is stressful. Allina Health Mental Health staff members are committed to providing an environment that is both safe and supportive.

You are an active member of your health care team. Tell a staff member when you need help to manage your intense feelings.

You have many options to help reduce stress and anxiety and to help you to cope during your hospital stay:

- Talk with your health care team about coping. Discussing your feelings can be helpful.
- Talk to yourself in a positive way. "I can handle this." "I can have emotions and control myself."
- Write down what helps you cope.
- Deep breathe.
- Learn breathing and relaxation techniques.
- Use the "stop thoughts" technique: say STOP to yourself when negative thoughts bother you.
- Take a shower or a nap.
- Pray or meditate.
- Listen to soothing music or sing.
- Listen to a relaxation or imagery CD.
- Count to 10.
- Ask a staff member for aromatherapy. Choose from lavender (for anxiety, stress, insomnia or pain), ginger (for upset stomach or pain) or sweet marjoram (for muscle pain, anxiety, stress or insomnia).
- Read, draw, color, paint or write in a journal.
- Work on your crisis plan.
- Practice mindfulness. Eat or walk mindfully.
- Use your imagination to put yourself in a comfortable place.
- Play a game with a staff member or friends.
- Do a behavior chain and review your dialectical behavior therapy (DBT) skills.
- Talk with staff members or friends.
- Put a warm or cold cloth on your forehead.
- Watch TV.
- Take a time out.
- Think about only one thing at a time.
- Do something for someone else.
- Hold ice.
- Put on lotion.
- Attend a group session.
- Limit the caffeine you eat or drink.
- Ask a staff member for medicine.
- Ask a staff member for a weighted blanket.