Anxiety Strategy Cards

When I feel anxious, I could try...

Controlled Breathing

When I feel anxious, I could try...

Progressive Muscle Relaxation

When I feel anxious, I could try...

Visualisation

When I feel anxious, I could try...

54321 Grounding Technique

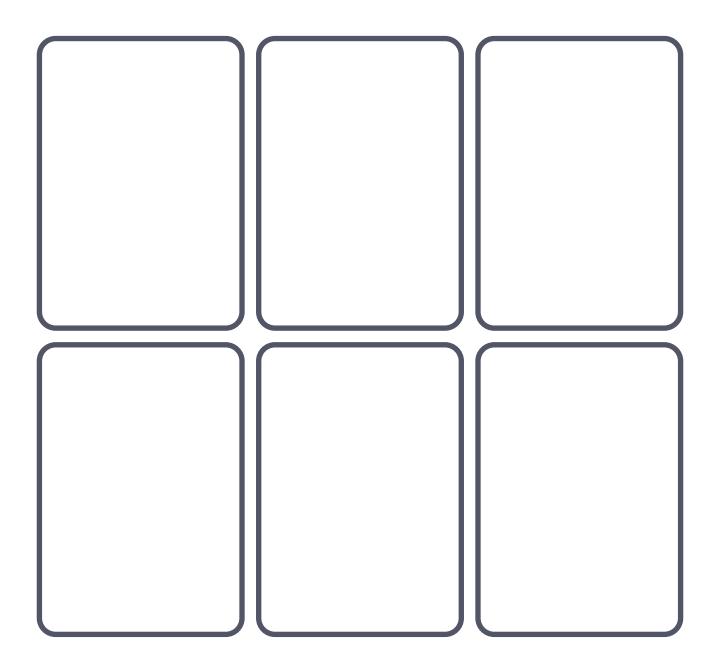
- 5 things I can see
- 4 things I can touch
- 3 things I can hear
- 2 things I can smell
- 1 thing I can taste

When I feel anxious, I could try...

Distraction

When I feel anxious, I could try...

Remembering that the feeling in my body is the fight, flight or freeze response. It is not dangerous, and I have managed this feeling before.



Laura Wells