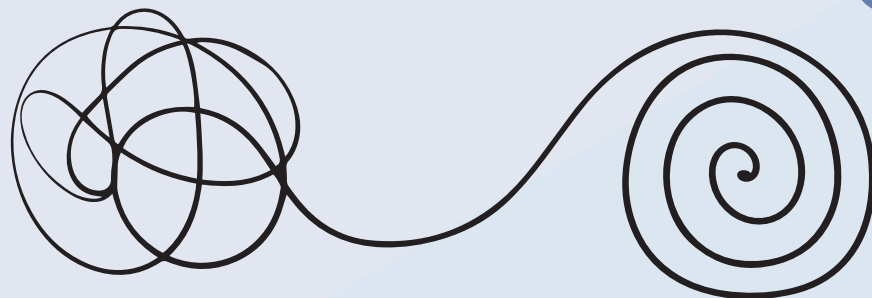




# ANXIETY

## COPING SKILL FLASHCARD



**This Book Belongs To**

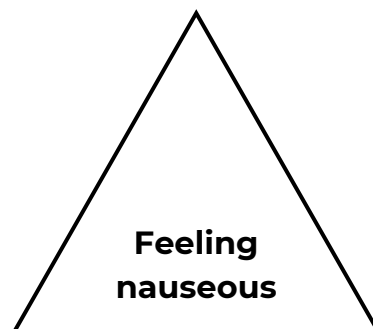
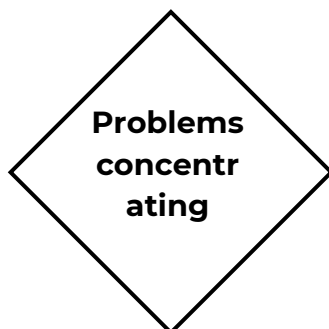
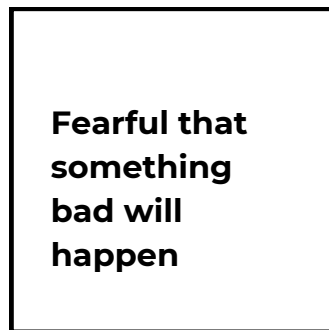
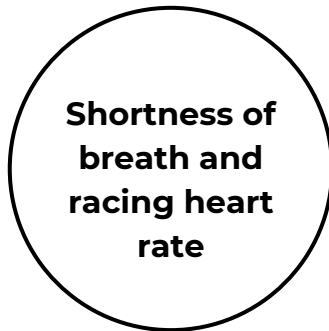
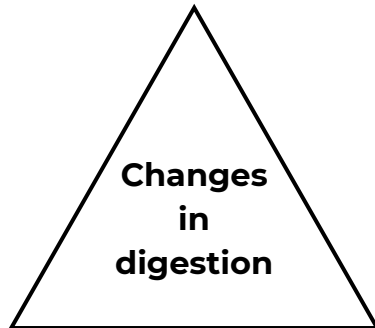
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# Signs of Anxiety



# Challenging Negative Thoughts

**AM I MAKING ASSUMPTIONS?**

**IS THERE ANOTHER WAY TO LOOK AT IT?**

**ARE THERE ANY OTHER POSSIBLE OUTCOMES?**

**IS THERE EVIDENCE FOR THIS WORRY?**

**WHAT ADVICE WOULD I GIVE TO A FRIEND?**

**IS THIS WORRY IN OR OUT OF MY CONTROL?**

# Growth Mindset



## FIXED MINDSET

**I got it all wrong**

**I made a mistake**

**I'm not good at this.**

**This is not good enough.**

**This is too hard.**

**I don't understand this**

**This is impossible**

**I can't do this.**



## GROWTH MINDSET

**I'm on the right track.**

**Mistakes help me learn.**

**How else can I do this?**

**I know I can improve this.**

**This is going to take effort.**

**I need more practice**

**I love a challenge.**

**Utilize some strategies.**

# 5-4-3-2-1 Grounding Technique

Take a deep breath and identify

**5 Things you can SEE**

**4 Things you can FEEL**

**3 Things you can HEAR**

**2 Things you can SMELL**

**1 Thing you can TASTE**



# Anxiety

More than just worrying

## What is Anxiety?

**A worry is a feeling of unease, fear or nervousness when you start to think about unpleasant things. It is a type of thinking, often about something that might happen in the future and it leaves you feeling frightened, nervous or anxious. Some people call worries, anxiety or stress. Everybody experiences worries, however if you are starting to feel worried more often or if you can't seem to stop thinking about your worry and it is leaving you feeling upset, you may be experiencing anxiety.**

**The distress from anxiety often interferes with a person's ability to lead a normal life. For example, they often feel very nervous about the potential dangers of what could or might happen in certain situations, leaving them feeling constant fear, frozen with fear, stressed and overwhelmed. Anxiety disorders include specific phobias, panic disorder, social anxiety disorder and generalized anxiety disorder.**

MY

ANXIETY

DOES NOT

DEFINE

ME



# Get Your Daily D.O.S.E

## DOPAMINE

Creating art  
Setting goals  
Having gratitude  
Self care  
Listening to music  
Finishing a task

## OXYTOCIN

Stroking a pet  
Giving compliments  
Holding hands  
Time with friends and family  
Having a massage  
Long hugs  
Sharing feelings

## SEROTONIN

Enjoying the outdoors  
Aerobic exercise  
Meditating  
Taking a cold shower  
Gardening  
Going for a walk in nature

## ENDORPHINS

Exercise  
Laughing with friends  
Watching comedy  
Creating music or art  
Using aromatherapy oils  
Having sex

# Body Awareness



**This body awareness grounding technique will bring you into the present moment by encouraging you to focus on the feelings and sensations in your body.**

**Sit comfortably with both feet flat on the floor. Take five deep breaths through your nose, and exhale through your mouth.**

**First, wiggle your toes. Then, curl and uncurl your toes a few times. Take some time to feel the sensations in your feet. Stamp your feet on the ground a few times. Notice how your feet and legs feel as you make contact with the ground.**

**Next, clench your hands into fists, then release the tension. Repeat this five times. Press your palms hard together and try to hold this pose for twenty seconds. Focus on the feeling of tension this creates in your arms and hands. Rub your palms together briskly, Notice the sound and the feeling of warmth.**

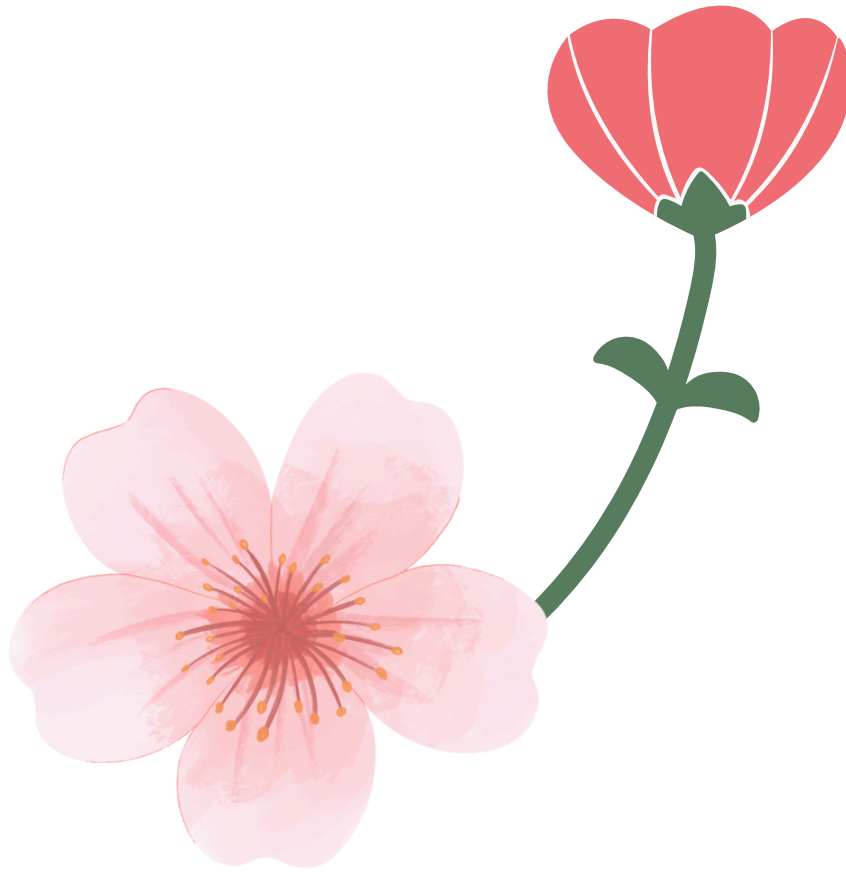
**Reach your arms over your head and reach for the sky. Enjoy this stretch for a count of five then let your arms drop down and relax at your sides. Take five more deep breaths and notice the feeling of calm that now exists in your body.**

# Self Kindness



**Treat yourself the same as you would treat a very good friend. Talk to yourself with Kind, compassionate phrases such as:**

**"This is tough but you're strong and can cope with this." "You're having a rough time, but you'll make it through." "You're trying hard, and you're doing your best."**



**Imagine you are holding a flower.**

**Breathe slowly in through your nose and smell the fresh air.**

**Breathe out slowly through your mouth and watch the petals fly off the flower.**

# Self-Care Check-In

**How am I feeling?**

**What are my needs right now?**

**What makes me grateful today?**

**What do I want to accomplish today?**

**What actions can I take to feel good?**

**What negativity can I cut from my day?**



## CATEGORIES

Choose one of the categories below and name as many items in that category as you can.

books

cars

color's

fruits

sports

animals

countries

tv shows

# Coping With Anxiety

**I allow this feeling to be here, knowing that it will pass**

**My anxiety is not dangerous- it's just uncomfortable**

**My anxiety is a habit that I can change**

**I am going to stay focused in the present**

**My anxiety is not the boss; I am in control**

**This feeling is uncomfortable but normal**

**I can get through difficult times; I've done it before**

**This feeling is a reminder to slow down and breathe**

# Connect With Other People

Creating relationships with other people is essential for your mental wellbeing and coping with anxiety. A good relationship provides emotional support and helps you to build a sense of belonging and self-worth

- **Each day spend quality time with friends or family**
- **Plan an event or day out with some friends**
- **Play a game with your friends or family**
- **At work, arrange to have lunch with a coteague**
- **Visit a friend or family member who needs support**
- **Volunteer at a local community group or hospital**
- **Stay in touch with friends and family via technology**



# **Mental Health Check in**

**How are you feeling today, physically and mentally?**

**Is there anything worrying you today?**

**How have you been sleeping?**

**What makes you feel grateful today?**

**What exercise have you done recently?**

**What is your water intake and what was your last meal?**

**What have you done that made you feel good today?**

**What can you do today that's good for you?**

**What are you looking forward to today?**

**What is something you'll do with a friend today?**



## **CALL A FRIEND**

**When you're feeling anxious or overwhelmed, reach out to a friend and have a chat. Call someone who you trust and who understands and knows you well. Choose someone who you know will lift your spirits and make you feel better. Talking to someone you trust will help you to see your issue with a new perspective and works as a great grounding technique.**

# Anxiety Behaviour Changes

**Worrying  
excessively  
about many  
things**

**Difficulty  
taking care  
of yourself**

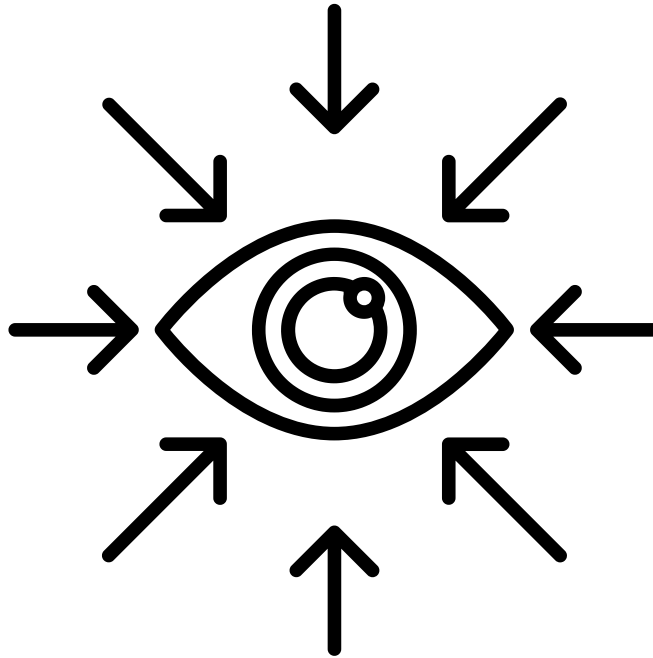
**Not being able  
to enjoy leisure  
time.**

**Finding it  
difficult to  
maintain  
relationships**

**Compulsive  
behaviour, like  
checking  
things  
constantly**

**Avoiding  
places and  
people that  
cause anxiety**

# Visualization



**Visualization helps to focus your mind on calming and relaxing Images. First, create a space free from distractions. Sit or lie in a comfortable position,**

**imagine a beautiful, warm sandy beach. Hear the sounds of gentle. turquoise waves lapping at the shore. Feel the warmth of the white, soft sand under your feet. Take slow, deep breaths in time with the waves and feel the tension in your body drift away**

**Remember that you can always return to this beautiful place whenever you need to.**

# Coping With a Panic Attack

**focus and slow down  
your breathing**

**acknowledge that  
this is a panic attack  
- not real danger**

**move to a  
quiet, peaceful  
place**

**relax the body  
section by section**

**use a mantra to  
calm your mind**

**check your  
thoughts**

**ground yourself in  
your Surroundings**

**Know that the  
panic attack will  
Subside**

# Warm Water



**Use warm water to help you relax. You can take a bath, relax in a hot tub, go for a swim, or enjoy a long, relaxing shower. Whatever you choose to do, the warm water will help you to de-stress and relax.**

# Countdown To Calm



**This breathing exercise helps you to focus on relaxation, making it easier for you to cope with your anxious thoughts.**

**Close your eyes or gaze down softly. Take a deep breath and exhale slowly. As you exhale, repeat a mantra such as "This too shall pass." For the next ten breaths, slowly count down from 10 to 1 on each exhale. As you breathe, visualize each part of your body relaxing.**

# Breath Focus

**when your breathing is focused, deep and slow, it can help reduce stress and anxiety.**



**Sit or lay in a comfortable position.**

**Notice how it feels when you inhale and exhale.**

**Notice where you feel tension in your body. Take a slow, deep breath through your nose. Feel your belly expanding.**

**As you exhale, choose a word to focus on and say it out loud.**

**For example, use words like "peace" and "calm".**

**Imagine your inhale washing over you like a gentle wave.**

**Imagine your exhale carrying negative energy away from you. If you get distracted, gently bring your attention back to your breath. use this technique for 10 minutes each day.**



# Finger Breathing



**Inhale as you move from the base of your thumb to the tip, and exhale as you move from the tip of your thumb to the base on the other side. Repeat this around your entire hand.**

# Go Outside



**Go outside.**

**Sit or stand and breathe the fresh air.**

**Take a walk and notice nature all around you.**

**Look at the sky and the clouds and notice the colors.**

**Feel the warmth or cool of the air around you.**

# Using a Weighted Blanket



**Try resting under a weighted blanket. The pressure from the blanket helps relax your autonomic nervous system, reducing anxiety symptoms. Additionally, the deep pressure stimulation can boost the release of serotonin, a neurotransmitter that promotes feelings of well-being.**



# Symptoms Of a Panic Attack

**If you experience intense anxiety and fear suddenly, it might be a panic attack. Symptoms of a panic attack can include any of the following:**

**feeling faint, dizzy or light-headed**

**a pounding, racing heartbeat feeling very hot or very cold**

**a pain in your chest or abdomen**

**feeling sick**

**sweating, trembling or shaking**

**struggling to breathe**

**a tingling in your fingers or lips**

**feeling like your legs are shaky or turning to jelly**

**feeling that you're losing control**

**feeling disconnected from your mind, body and**

**surroundings**

**A panic attack usually lasts 5 to 30 minutes. They can be very frightening, but they're not dangerous and should not harm you.**

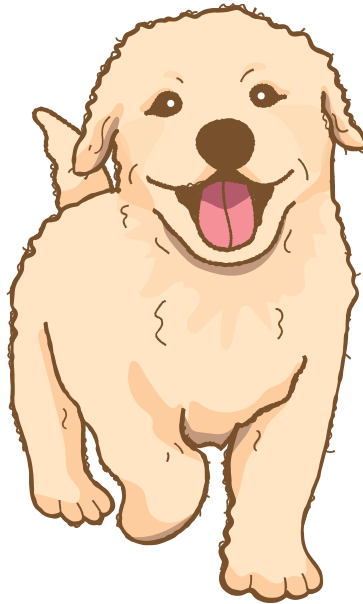
# Lazy-8 Breathing



**Imagine an 8 on its side.**

**Start in the middle and trace up the right part of the 8 while you inhale. When you reach the middle, exhale as you trace the left part of the 8**

# **Spend Some Time With Your pet**



**If you have a pet, spend some time sitting with them. Look at their markings and patterns and notice how it feels when you hold them. Think about all the reasons why you love your pet.**

# If you're feeling overwhelmed and anxious then...



## STOP

Stop what you are doing and try not to react. Your emotions can make you react without thinking so freeze and stay in control.



## TAKE A STEP BACK

Step back from the situation. Take a deep breath and try to let go.



## OBSERVE

Take some time to notice what is going on around you. Notice your thoughts and feelings.



## PROCEED MINDFULLY

Consider your thoughts and feelings and the situation around you. Identify the actions that will make it better or worse.



**When you're feeling  
overwhelmed, remember**

**R A I N**

**RECOGNIZE**

**Recognize what  
is going on**

**ALLOW**

**Allow  
experience  
just happen**

**INVESTIGATE**

**Investigate  
to  
with Kindness**

**NATURAL**

**Natural  
awareness  
away from the  
experience**



# If you're feeling overwhelmed, grab a mindfulness SNACK



**S**

**STOP**

**Stop  
whatever  
you're doing**

**N**

**NOTICE**

**Notice what  
is happening  
around you**

**A**

**ACCEPT**

**Accept it for  
what it is  
without  
judgement**

**C**

**CURIOUS**

**ASK yourself  
questions  
about it**

**K**

**KINDNESS**

**Respond to it  
only with  
Kindness**

# How To Soothe Yourself

**Wrap your arms  
around yourself  
and give yourself a  
hug**

**Drown or doodle**

**Count  
backwards from  
100 in 65**

**If you feel like  
it, have a good  
cry**

**Stand up and  
stretch your  
body**

**Watch  
something  
funny**

**Put on  
comfortabl  
e  
clothes**

**Go for a walk  
in nature**

**Focus on taking  
deep belly  
breaths**

**Listen to  
calming  
music**

# Calming Skills

**Breathe**

**Grounding Techniques**

**Mindfulness**

**Affirmations**

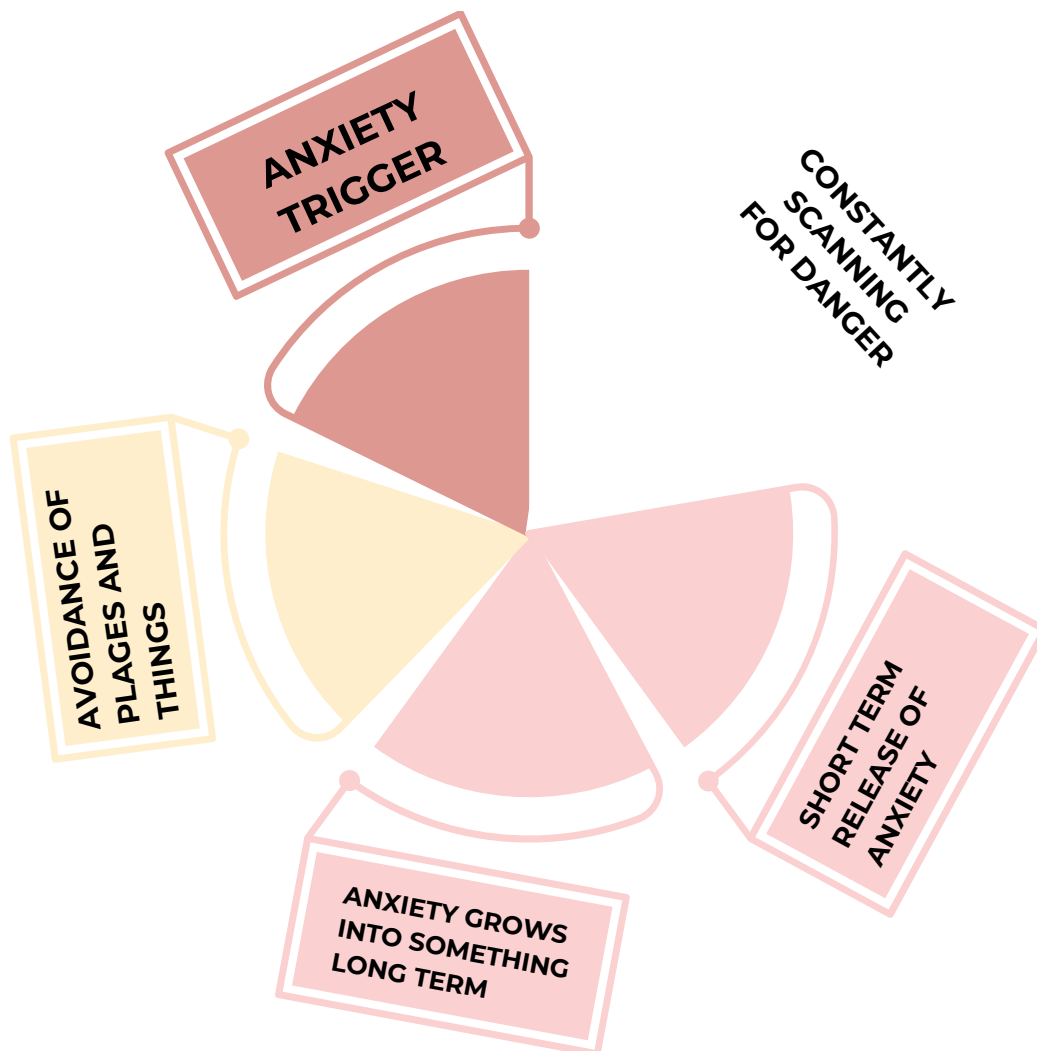
**Challenge Negative Thoughts**

**Visualization**

**Yoga**

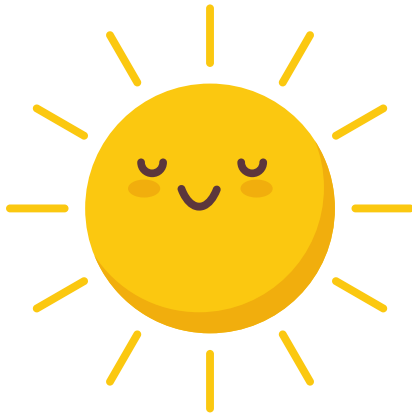
**Connection**

# Understanding The Anxiety Cycle



**"You need to understand the cycle in order to break the cycle"**

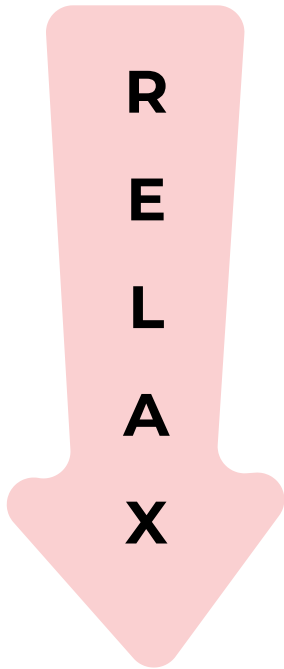
# Self Care Menu



- Deep belly breathing.....5 Min
- Write 3 things for which you're grateful.....5 Min
- Take a warm bath or shower.....5 Min
- Have some quiet time.....10 Min
- Tidy your space.....10 Min
- Get active dance, run, walk.....20 Min
- Do something creative.....30 Min
- Stretch or do yoga.....30 Min
- Listen to music.....5 Min
- Put your phone down.....60 Min
- Take a nap.....60 Min
- Go outside for fresh air.....60 Min

# Progressive Muscle Relaxation

Progressive muscle involves tensing and relaxing all the major body muscle groups. Throughout the exercise, keep your breathing deep and regular.



**FACE:** Raise your eyebrows as high as possible and wrinkle your forehead. Squeeze your eyes shut tight, clench your teeth together and squash your whole face up.

**NECK:** Place your chin down toward your chest and turn your head slowly to the right and then to the left

**CHEST:** Take a deep breath, expanding your chest fully, hold for a count of 5, then exhale slowly.

**SHOULDERS:** Shrug your shoulders and hold for a count of 5. Then, slowly pull your shoulders back and then push your shoulders forward.

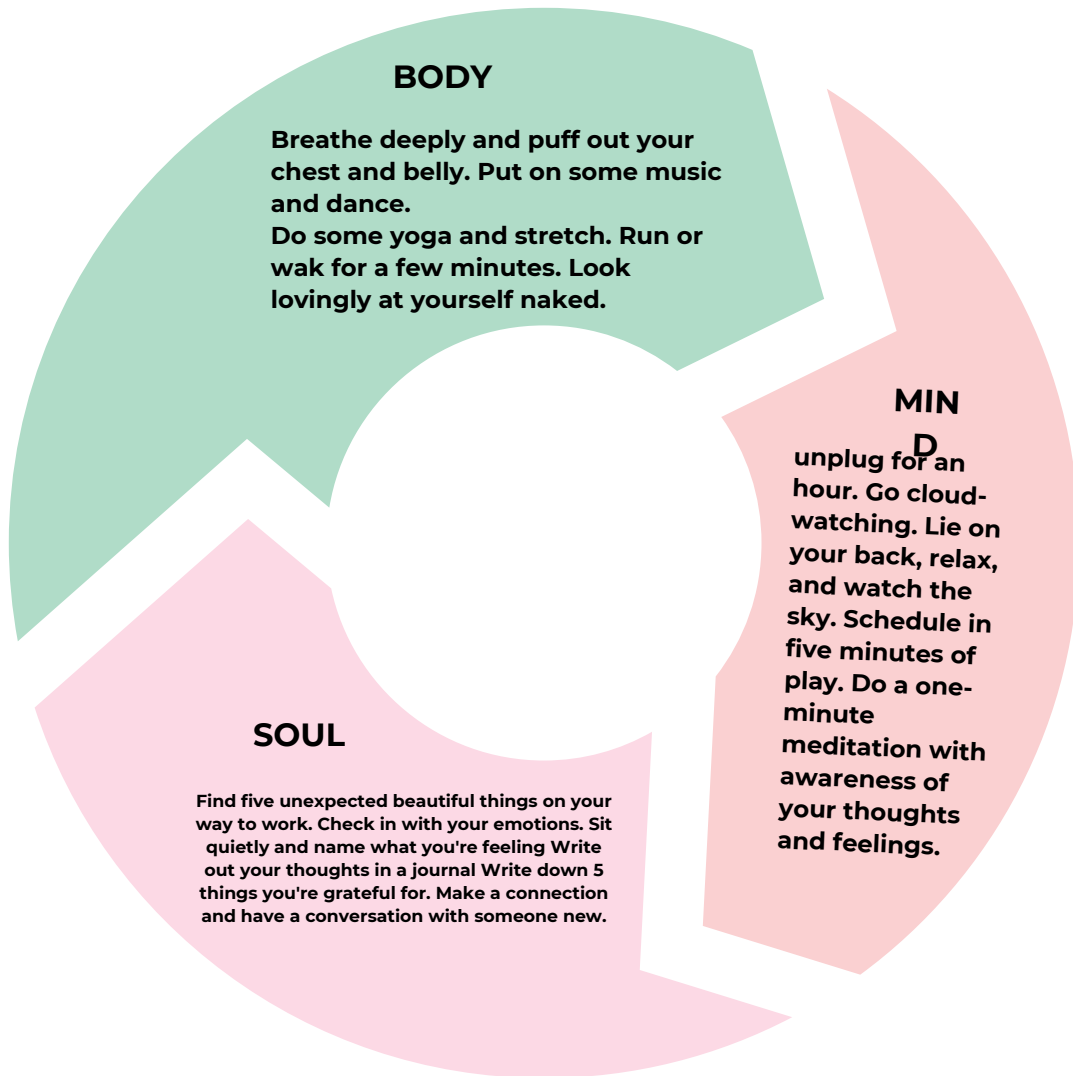
**UPPER BACK:** Arch your back and release.  
**ABDOMEN:** Pull in your tummy then push it out.

**HANDS & ARMS:** Clench both fists, squeezing them as hard as you can. Tighten both biceps and hold this tension for several seconds. Release the tension and feel your arms relax.

**LEGS:** Raise your right leg, tense your thigh and calf muscles, and pull your toes back toward you. Then, repeat for the left leg

**FEET:** Point your toes then pull your toes toward you as far as possible.

# Self Care Ideas



# Ideas



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