

Anxiety Coping Cards

- S** Stop and step back from the situation in your mind.
- T** Take a few slow deep breaths.
- O** Observe what's happening. Try not to judge yourself, but rather describe the feelings, images, thoughts, body sensations you're experiencing.
- p** Put it in perspective. This thought may be focusing on certain pieces of information.
- p** Practise what works.

Remember

It's ok to have a bad day

It's ok to make mistakes

Set back is not failure

Nothing is perfect

It's ok to take a break

You are stronger than you think

Asking for help is strength

Small steps are also progress

Let your emotions R-A-I-N

Recognise what's going on



Accept and allow the experience just to be there



Investigate with kindness



Nuture offering yourself what is needed.



5-4-3-2-1 Grounding Technique

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

Take a deep BREATH

Place your hand on your belly and breathe deeply into your stomach, pushing your stomach out against your hand. See if you can notice the air travelling through your nose and down into your belly. As you slowly breathe out, feel your body relax and become heavy, and notice how your body knows just how to start breathing again.

Challenging Unhelpful 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 a friend?

Is this worry in or out of my control?