

Anxiety Coping Cards

How to FEEL your FEELINGS

What tiny steps can I take to meet my need?

What might this be teaching me?

Where do I feel it in my body?

Start here

Feel off



What do I need right now?

If it could talk, what would it say?

What am I feeling?

Challenging Negative Thoughts

Is this a fact or does it sound more like a false belief?

What would I tell a friend who had this thought?

Is this a possibility or a certainty?

What's the worst that can logically happen?

Am I falling into a thinking trap?
Am I catastrophizing?
Am I overestimating danger?

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 mindful B-R-E-A-K

Breathe

Take 5 deep, slow breaths

Rest

Close your eyes until your mind is clear.

Empowering words

Say 3 nice words about yourself

Absorb

Check in with your senses.

What do you see, feel, hear, smell and taste?

Knowledge

Stop and think before you act.



Imagine you are holding a flower.

Breathe slowly in through your nose and smell the air.

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

The actions of others.
The past.
The outcome of my efforts.
The opinions of others.

OUT OF MY CONTROL

My thoughts and actions.
How I speak to myself.
What I give my energy to.

IN MY CONTROL

& I WILL FOCUS ON THESE

How I spend my free time.
How I handle challenges.
My boundaries.
What happens around me.
How others take care of themselves.
The future.

I WILL LET GO OF THESE THINGS