

GROUNDING EXERCISE

When I feel anxious, I can...

Focus on my surroundings by naming 5 things I see, 4 things I can touch, 3 things I hear, 2 things I can smell, and 1 thing I can taste. This will help ground me in the present moment.

DEEP BREATHING

When I feel anxious, I can...

Take deep, slow breaths. Inhale for 4 seconds, hold for 4 seconds, and exhale for 6 seconds. Repeat this several times to slow my heart rate and calm my mind.

PROGRESSIVE MUSCLE RELAXATION

When I feel anxious, I can...

Focus on tensing and then relaxing each muscle group in my body, starting from my feet and working my way up to my head. This helps release physical tension and promotes relaxation.

THOUGHT CHALLENGING

When I feel anxious, I can...

Ask myself: What is the evidence that my fear is true? Is there another way to look at this situation? What would I say to a friend who had this thought? This helps reframe anxious thoughts.

MOVE MY BODY

When I feel anxious, I can...

Get up and move. Whether it's going for a walk, doing some light stretching, or dancing, physical activity helps release anxiety and clear my mind.

VISUALIZE A SAFE SPACE

When I feel anxious, I can...

Close my eyes and imagine myself in a safe, calm place. This could be a beach, a forest, or my favorite room. Let my mind focus on the details of this place to create a sense of peace.

JOURNALING

When I feel anxious, I can...

Write down what's on my mind. Putting my thoughts on paper helps me process and release them. I can also look back to see patterns and gain perspective on what's really bothering me.

MINDFUL OBSERVATION

When I feel anxious, I can...

Pick an object around me and study it closely for a few moments—its color, shape, texture, and details. Focusing on something neutral and physical helps bring my mind back to the present.



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