

Cards against anxiety

These cards provide strategies for standing up to anxiety, understanding it and cutting it down to size. The cards can be used by anybody to help deal with unwanted feelings and worries that they may have. There are 25 cards in total.



On the following page you will find the strategies that go with each activity.....these are in order as above.

Feel your way to peace by tracing a path around the thumb and fingers with a finger from your other hand. Breathe in and out as you move up and down the fingers.

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01. List each of your worries.
02. Write down the what-ifs for each worry.
03. Counter as many as possible with a so what?
04. Work out the practical steps to alleviate the leftover worries.

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Dissing yourself? Imagine negative self-talk is coming from a bad-tempered parrot squawking in your ear. Then take aim and shoot him off your shoulder.

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Free your mind from those anxious thoughts by writing them down. Once you've got it all out, rip the paper into tiny pieces and throw them in the bin.

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Repeat after me: feelings are not facts. Separating what you are feeling from the actual facts of what is going on can help you to take effective action to sort a problem out.

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Notice when you are talking down to yourself and then imagine sharing these harsh self-criticisms with your kindest friend. What would they say? Hear their words and let yourself believe them.

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Go somewhere you won't be interrupted. Imagine a place where you feel happy, grounded, warm and looked after. Picture it with as much detail as possible.

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If things are tough, think of a time when you felt happy and free. Research shows that you can boost your mood by reflecting on a positive memory. What's your favourite bliss moment?

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Move your body and move anxiety along. Find a biggish space and start pacing back and forth, really feeling the sensations in the soles of the feet. Go as fast or slow as you like.

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01. Plant your feet on the floor.
02. Straighten your back from the tailbone upwards.
03. Breathe deeply and let your shoulders relax.

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Let the calmness flow in and the anxiety flow out as you slowly drink cold water. Focusing on the feeling as it passes down your throat can distract your mind from worry.

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Rather than worrying right now, make the decision to do it later. Scheduling your worry is a way of giving yourself permission to relax into a worry-free present. It's a date!

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See the next 2 pages for the remaining 13 cards.



On the following page you will find the strategies that go with each activity.....these are in order as above.

An unfocused mind is often an anxious one. For one minute, train your brain to focus on a simple action, such as eating a single square of chocolate. Immerse yourself in your senses, and let everything else pass you by.

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01. Sit or lie down.
02. Notice what you can feel in your feet.
03. Work up the body, noticing the feeling in each part.
04. Don't judge or try to change anything.

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01. Breathe in, count 1, 2, 3, 4.
02. Hold, 2, 3, 4.
03. Out, 2, 3, 4.
04. Hold, 2, 3, 4.
05. And again.

p.14

01. Think over your day so far.
02. Identify 3 good moments.
03. Jot them down.
04. Relive them by remembering them in detail.

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01. I'm thankful for this person...
02. I'm thankful for this place...
03. I'm thankful for this experience...
04. I'm thankful for this mistake...

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When you are overwhelmed, a to-do list can help you find clarity. Include everything, big and small. Strike through the unimportant, then tackle the simplest task first – a quick win can restore your sense of control.

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Pushing feelings away can make them come back even stronger. When you are in wobbly mode, try simply allowing the feelings to be there. When we stop rejecting our feelings, they get easier to live with.

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Get comfy and rest a hand on your belly. Breathe in deeply through the nose and feel your belly expand outwards. Then breathe out through your mouth as the belly relaxes back.

p.16

01. Pick a colour (i.e., red) to focus on.
02. How many red things can you see?
03. Close your eyes. How many red things can you imagine?

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01. Rate your anxiety from 1 to 10.
02. Set a timer for 1 minute.
03. Remember, all things pass.
04. Rate your anxiety from 1 to 10.
05. Repeat if needed.

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Cheat your way to chill-out! First imagine how calm you would like to feel and then act it out: smile, breathe deep, stand and walk tall. After 10 minutes, check out how the real you feels.

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01. Clench all your muscles and breathe in.
02. Hold it for a count of 10.
03. Breathe out slowly as you release the tension.
04. Repeat.

p.20

01. What FIVE things can you see?
02. What FOUR things can you hear?
03. What THREE things can you smell?
04. What TWO things can you touch?
05. Take ONE big deep breath.

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