## **Cards against anxiety**

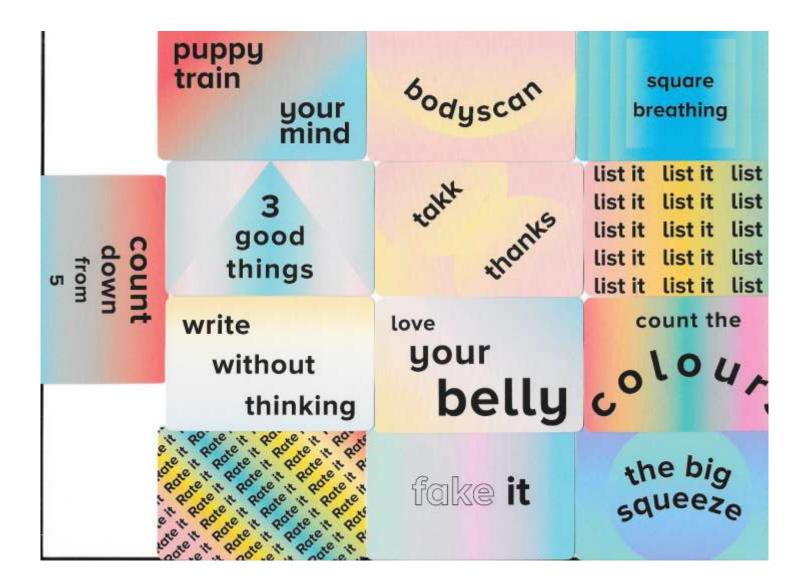
These cards provide strategies for standing up to anxiety, understanding it and cutting it down to size. The cards can be used by anybody to help deal with unwanted feelings and worries that they may have. There are 25 cards in total.



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.	<ul> <li>01. List each of your worries.</li> <li>02. Write down the what-ifs for each worry.</li> <li>03. Counter as many as possible with a so what?</li> <li>04. Work out the practical steps to alleviate the leftover worries.</li> </ul>	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.
Free your mind from those anxious (p.56) thoughts by writing them down. Once you've got it all out, rip the paper into tiny pieces and throw them in the bin.	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.	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.
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.	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?	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.
<ul> <li>01. Plant your feet on the floor.</li> <li>02. Straighten your back from the tailbone upwards.</li> <li>03. Breathe deeply and let your shoulders relax.</li> </ul>	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.	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!

See the next 2 pages for the remaining 13 cards.



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