

## Anxiety Strategy Cards



When I feel anxious,  
I could try...

### Controlled Breathing

When I feel anxious,  
I could try...

### Progressive Muscle Relaxation

When I feel anxious,  
I could try...

### Visualisation

When I feel anxious,  
I could try...

### 54321 Grounding Technique

- *5 things I can see*
- *4 things I can touch*
- *3 things I can hear*
- *2 things I can smell*
- *1 thing I can taste*

When I feel anxious,  
I could try...

### Distraction

When I feel anxious,  
I could try...

Remembering that  
the feeling in my body  
is the fight, flight or  
freeze response. It is  
not dangerous, and  
I have managed this  
feeling before.


Laura Wells