

Name things

- Think of something you enjoy. Do you have a favourite band? A favourite show? Something else? - Start listing things - Repeat as needed
- 10 songs you like
- 10 favourite episodes
- or characters
- 10 trains/planes/cars
- 10 types of plants/animal

Happy Place

Imagine a place where you feel safe. It can be a real place or one you make up. Imagine how it looks. Is it warm? Can you feel blankets? Grass? Sand? What can you hear? Can you smell anything?

Rainbow Grounding

Take a look around & find one object of each colour;
 Red/orange/yellow/
 green/blue/purple
 Think about some-
 thing you like about
 each object.

Anxiety Sucks.
 So we're gonna
 try a few things
 to calm down a
 little. If one
 isn't working,
 try the next one.

Do something physical.
 Get up & walk if you
 can. Shake your hands.
 Clench & release your
 fists. If you use a wheel-
 chair, take a roll
 around. Stretch!
 Anything that gets
 your body MOVING!

Cute animal videos
 The internet is full
 of so many cute things!
 Go binge some until
 the worst of it
 passes.

Good music
 make a happy playlist.
 Listen, jam out. Keep
 adding new songs!

Reach out
 You can always ask
 someone you love
 and trust to help
 you ride it out, or
 distract you. People
 want to be able to
 help. Let them
 help you. ♥

♥
Anxiety Sucks. ☁️⚡️
 ★ Come relax
 a little
 ♥ with me! ♥
 ★
 this is free! pick it up!