

# Anxiety Flash Cards

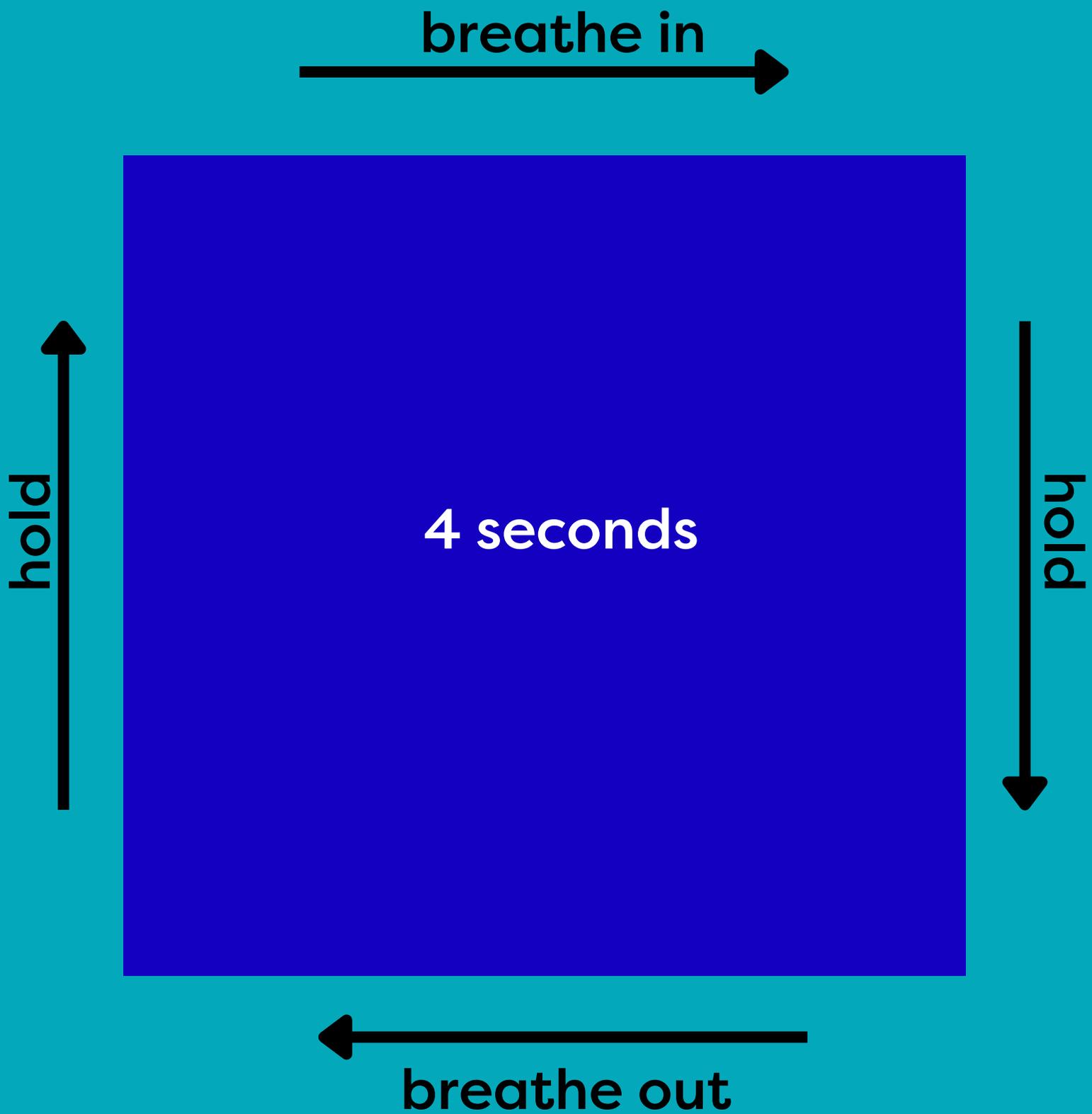
**withYouth**  
YOUNG PEOPLE'S Digital Wellbeing Services

Most people experience feelings of anxiety but these can be uncomfortable.

These flash cards are designed to help with those feelings of anxiety by explaining some different techniques that can help.

# Box Breathing

Box breathing can help with slowing your heart rate down and feeling more relaxed.

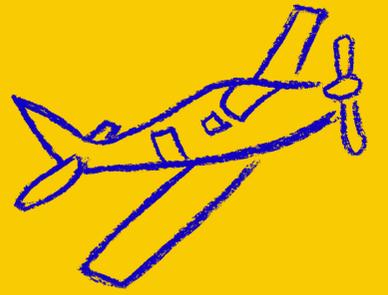


Use your finger to follow the box, if that helps.

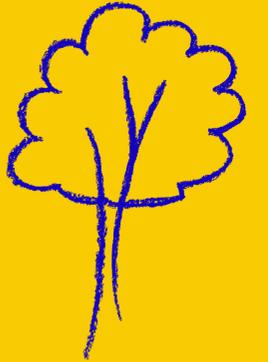
# 5,4,3,2,1

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious.

Name 5 things you can see



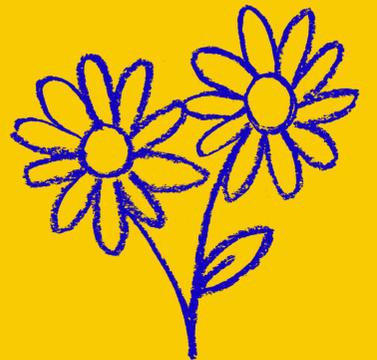
Name 4 things you can touch



Name 3 things you can hear



Name 2 things you can smell



Name 1 thing you can taste



# Categories

Another technique used to help ground you when you are feeling anxious. Pick three categories and list as many things as you can from each one!

Animals

Movies

Colours

TV Show

Fruits

Vegetables

Sports

Celebrities

Books

Cereals

Song Artists  
beginning with  
L

Countries

**See if you can go from A-Z in your chosen categories.**

# Mindfulness

Mindfulness is the idea of being aware and fully present in the moment. We can be more mindful through deep breathing, taking notice of our environment and the things we are feeling.

Start by asking yourself these questions:

**See the next card for the questions!**

# Mindfulness

What am I grateful for today?

What is something I have learned today?

What am I most proud of?

What is one fear I would like to conquer?

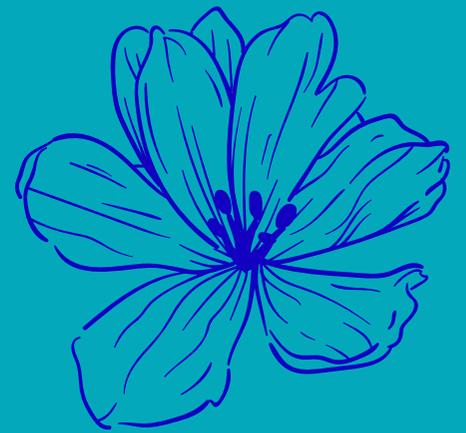
What is your favourite thing about yourself?

# Colouring Page

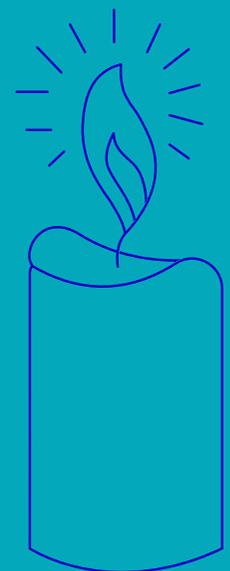
# Flower and Candle

This is a technique that can help you relax and slow down your breath.

Smell the flower and breath in slowly.



Blow the candle and breath out through your mouth.



# Self Care

Self care is taking some time for yourself, and it's very good for both your physical and mental health. Self care can reduce your stress levels, reduce your risk of getting sick and increase your energy!

# Self Care

Have a hot drink : During cold days you can have a hot chocolate or some warm milk, and you will feel like a warm hug from the inside.



Take a warm bath: After a long day, have a warm bath, bring a couple of toys and relax for as long as you need.

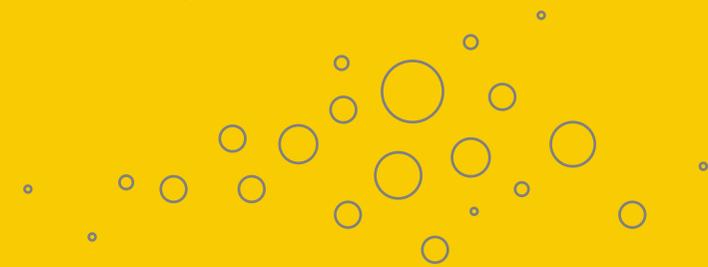


Go for a walk: Some fresh air and physical activity will help you to relax.



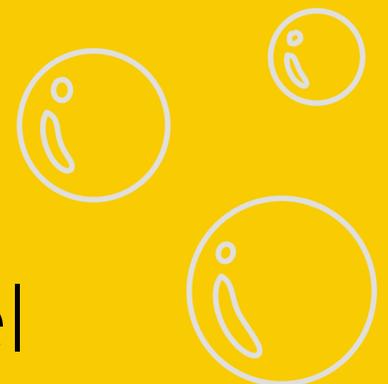
# Blow Bubbles

Blowing bubbles can be helpful to control your breathing pattern and it can also help you to relax at the same time.



Blow many little bubbles quickly.

Then, blow just a few big bubbles slowly.



Repeat the two steps until you feel calmer.

# Mr Emotion

Sometimes we might be feeling many emotions at the same time, or we might not be sure what emotion we are feeling and that can be overwhelming.



Give your emotions a name, and try to talk about them.



Whether you are feeling worried or having negative thoughts, try challenging your feelings.



# Lazy Cat

This is a simple exercise that can help you relax your muscles.

Imagine you are a lazy cat that just woke up.

Have a nice yawn, and then a meow.

Now just like a cat slowly stretch your arms, your legs and your back and relax.



# Glitter Jar

Did you know that you can make your own glitter Jar and shake it when feeling stressed?

Take a canning jar, and fill it up with glitters and coloured water.

Here's your glitter jar! When you feel stressed, shake it for around 5 minutes. This will help you to relax your mind but also your body.



# Stress Ball

Did you know you can create your own stress ball?

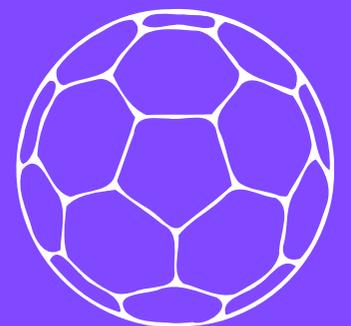
Take a balloon.

Fill it up with some rice or some lentils.



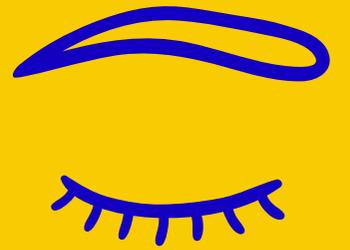
You now have your own stress ball!

You can decorate it as you wish, and use it to release some tension by squeezing it in your hands.



# My Safe Space

Close your eyes and  
imagine a calm, safe space.

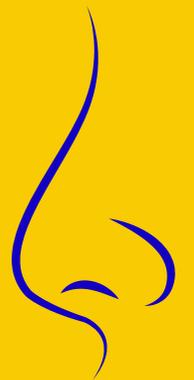


Then, slowly start visualizing it.



How does it look like?

What can you smell?



How do you feel being there?

