

When I get Anxious

- **I have had this feeling before – I know it will go away soon. STOP**
- **My thoughts aren't helping so I am going to focus on:**
 - 4- Red things I can see
 - 3- Different things I can touch
 - 2- Things I can hear
 - 1- Thing I can smell
- **I am going to take a slow breath out**
- **There is nothing to be frightened of – I really am ok**
- **I can do this – I am doing it now.**

After you have recovered from feeling anxious or more breathless, remember to look back on the event and say 'I did it. Next time I will not have so much to worry about'

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