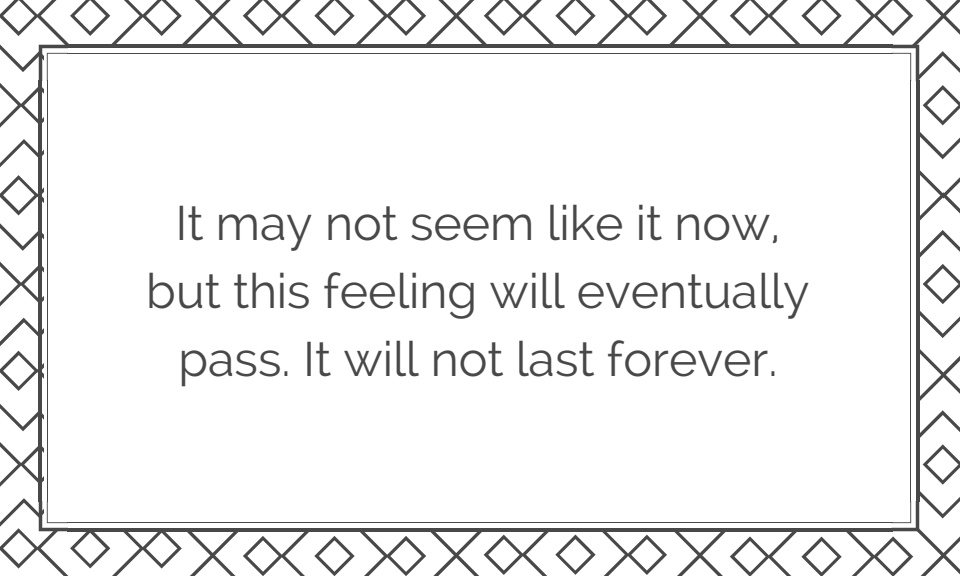


Pause and take some
slow, deep breaths



It may not seem like it now,
but this feeling will eventually
pass. It will not last forever.



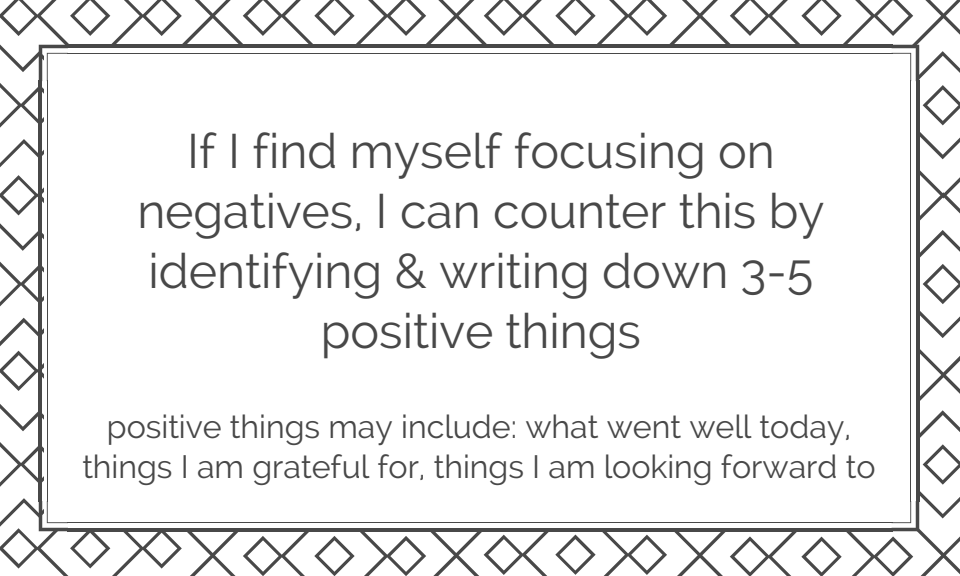
Resist the urge to isolate.

Reach out to a friend or family member. I may not feel like doing this right now, but I know that I usually feel better after I do this.



What am I worrying about?

How likely is this to occur?
Evaluate the evidence.

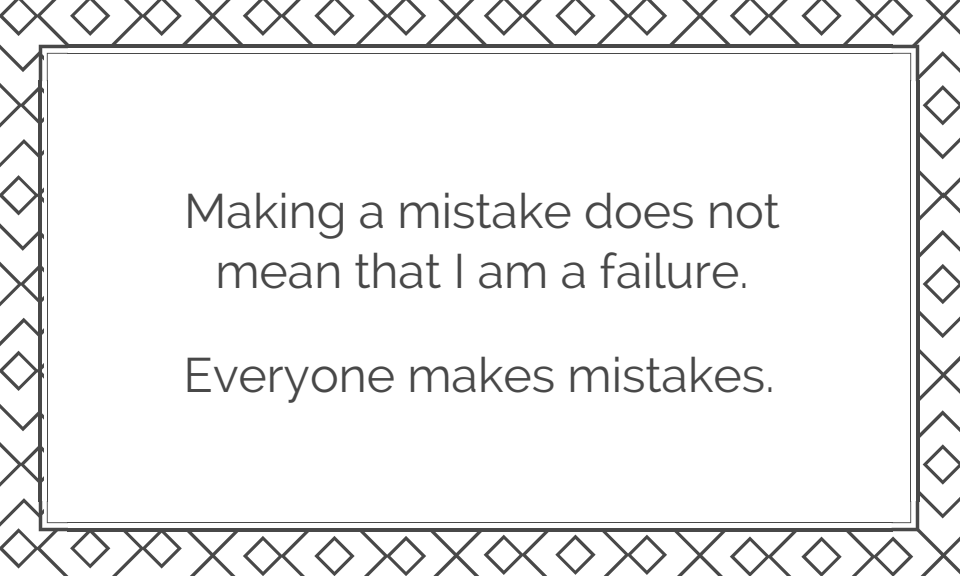


If I find myself focusing on negatives, I can counter this by identifying & writing down 3-5 positive things

positive things may include: what went well today, things I am grateful for, things I am looking forward to



Change is hard,
but it's worth it



Making a mistake does not
mean that I am a failure.

Everyone makes mistakes.

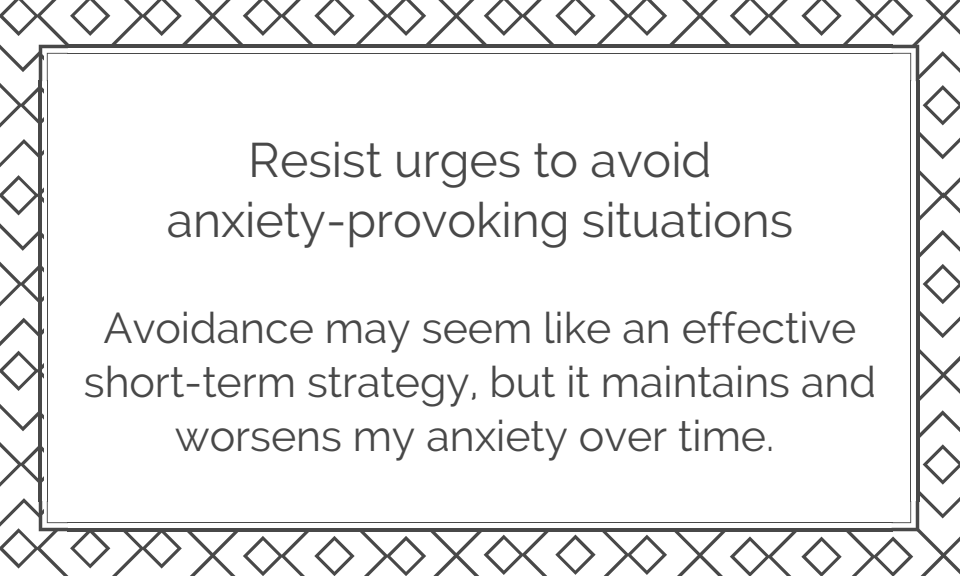


Zoom out - look at
the whole picture

Relaxation Technique: Visual Imagery

Close my eyes and imagine myself in a calm, peaceful setting, such as:





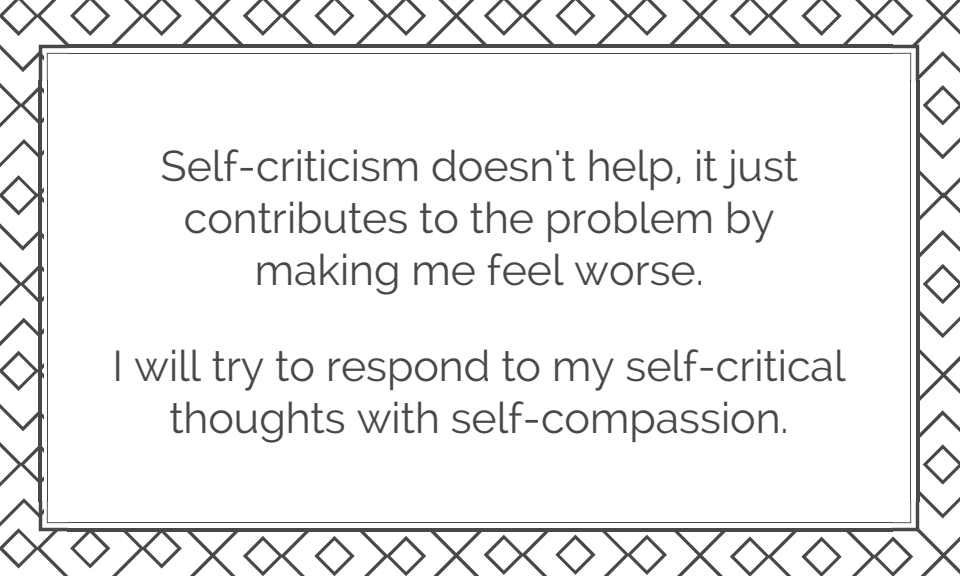
Resist urges to avoid
anxiety-provoking situations

Avoidance may seem like an effective
short-term strategy, but it maintains and
worsens my anxiety over time.



The only way out is through

Face it and work through it in
order to gain control over it



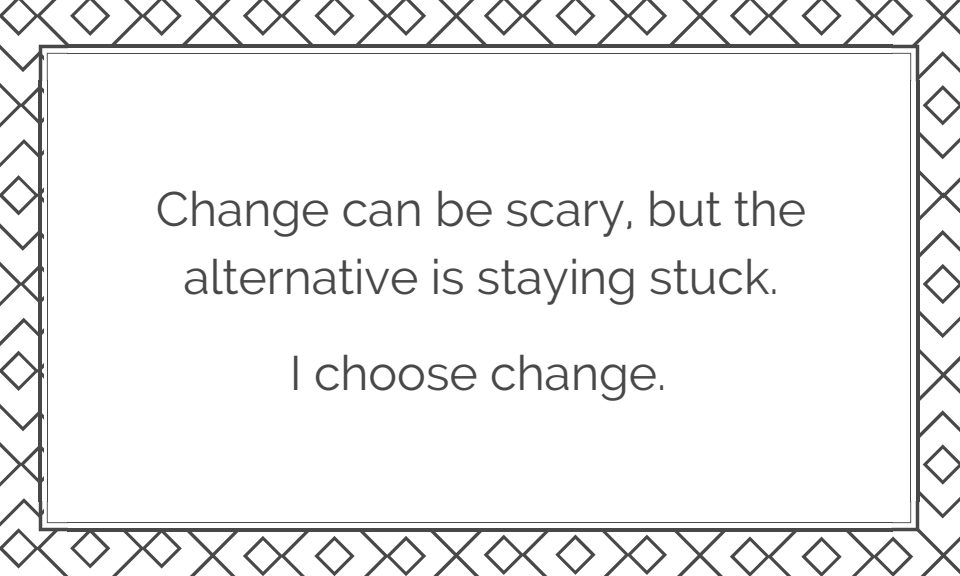
Self-criticism doesn't help, it just contributes to the problem by making me feel worse.

I will try to respond to my self-critical thoughts with self-compassion.



LET IT GO

I will let go of anything that
no longer serves me



Change can be scary, but the
alternative is staying stuck.

I choose change.

Self soothe through the senses

taste: drink warm herbal tea

hearing: listen to calming music

touch: massage lotion into your skin

smell: light a scented candle

vision: look at beautiful photographs in a book



I deserve to be happy.




Stop focusing on the past.

I can shift my attention to the present
by practicing a mindfulness exercise.



Perfect isn't possible.

Remember to set reasonable goals;
otherwise, I will inevitably be
disappointed and unsatisfied.



Challenge
all-or-nothing thinking

Find the shades of gray
between the black and white



This storm will pass.

Panic Attack Tip: Ride it Out

- Label what I am experiencing as anxiety
- Accept it, do not fight it or try to control it
- Use grounding techniques
- Remember that this will not last forever
- It is unpleasant, but it will eventually pass

54321 Grounding Technique

Look around, identify & name:

5 things I see

4 things I physically feel

3 things I hear

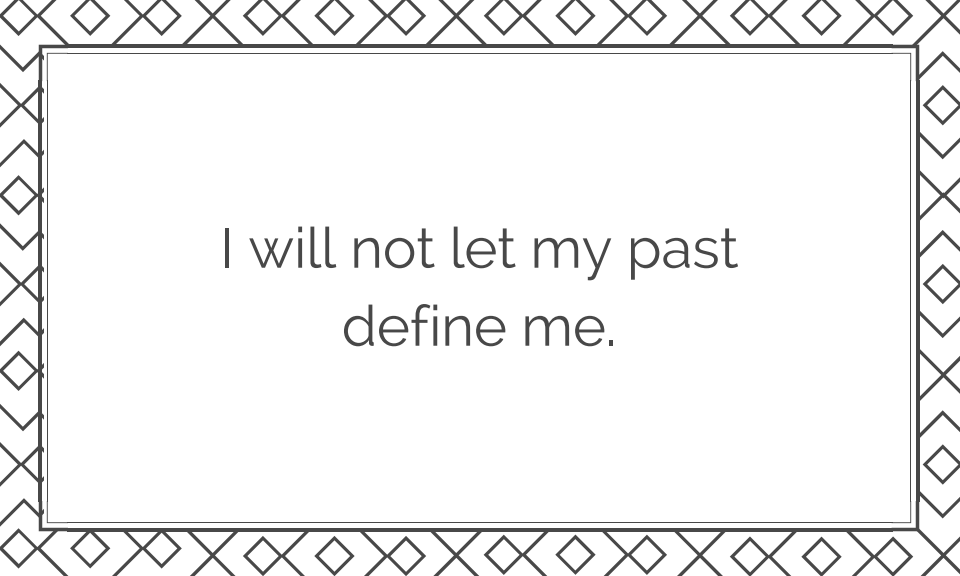
2 things you smell

1 thing you taste



Progress is not linear

Be patient & don't give up



I will not let my past
define me.



I will try to observe my
thoughts without
judgment.

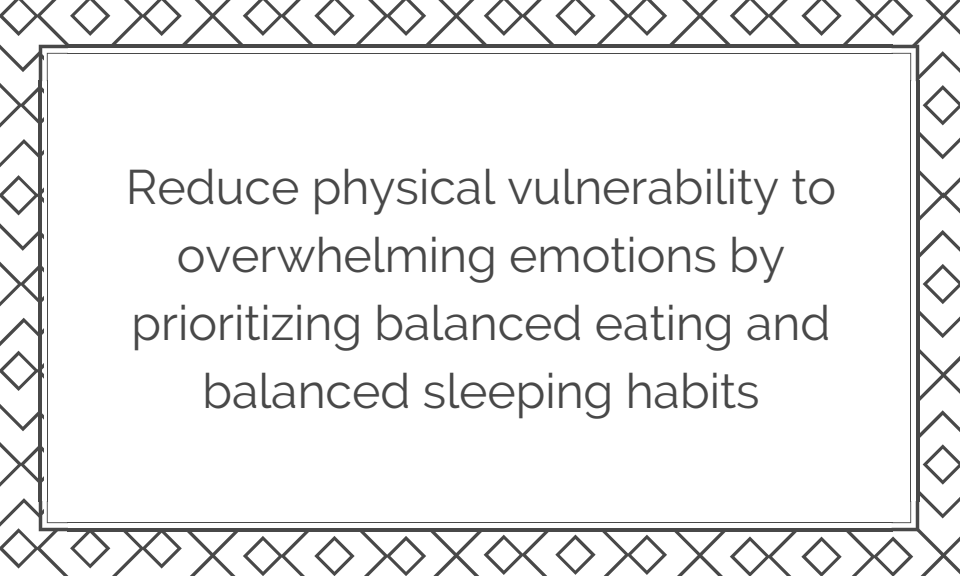


Use a healthy coping strategy:

- go for a walk
- write in a journal
- spend time coloring
- meditate
- listen to music



Tough days don't erase
the progress I've made



Reduce physical vulnerability to
overwhelming emotions by
prioritizing balanced eating and
balanced sleeping habits



It's okay to ask for help.



Tolerate uncertainty