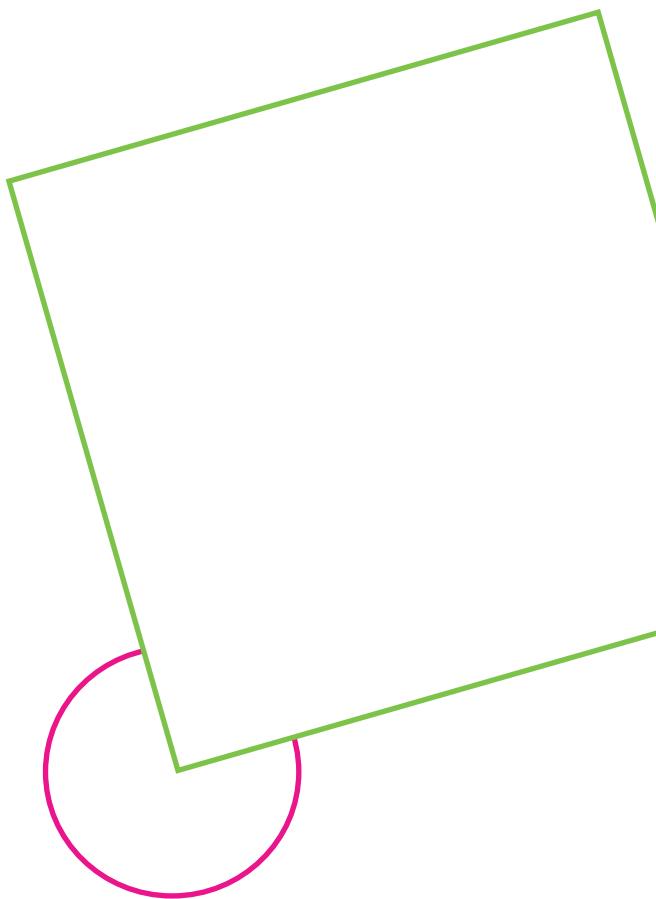
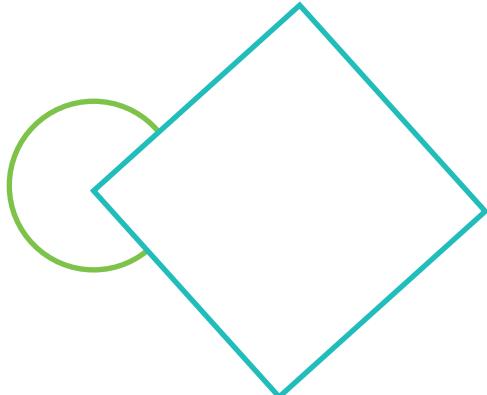
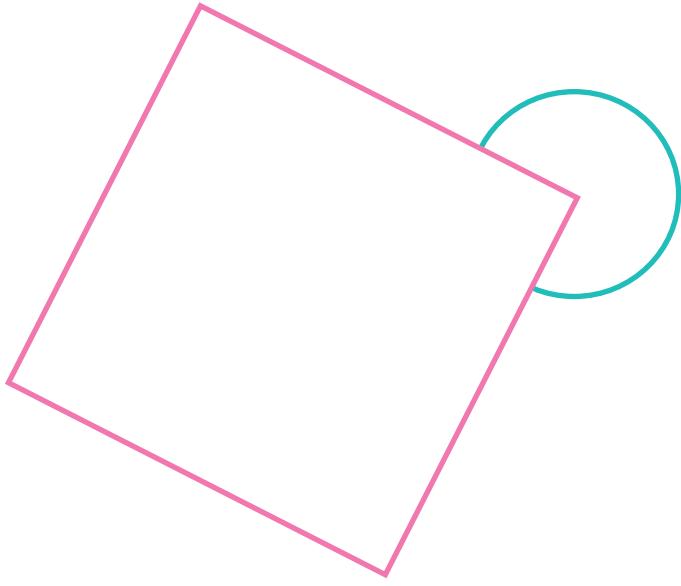


Anxiety and Worry Flash Cards

When a young person feels worried or is dealing with anxiety, giving them options can help them remain calm and feel in control.

There are a number of flash cards here that can be fastened together so that a young person has a useful, pocket-sized pack to hand when they need it.

There are some useful prompts on the cards, and a few blank ones that the individual can put their own ideas onto.



Read your favourite book.



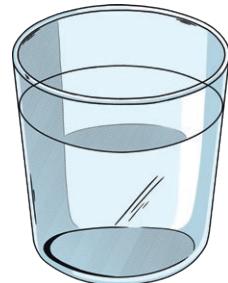
Make something.



Hold a special object.



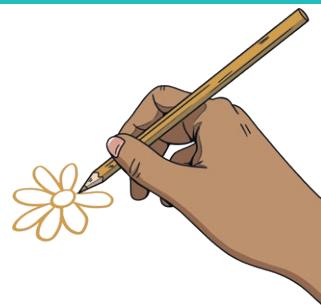
Have a drink of water.



Take a deep breath in and slowly breathe out.



Draw a picture.



Play a game with friends.



Take some time out in a quiet spot.



Write a story.



Think of a place that makes you happy.



Talk to an adult.



Talk to a friend.

