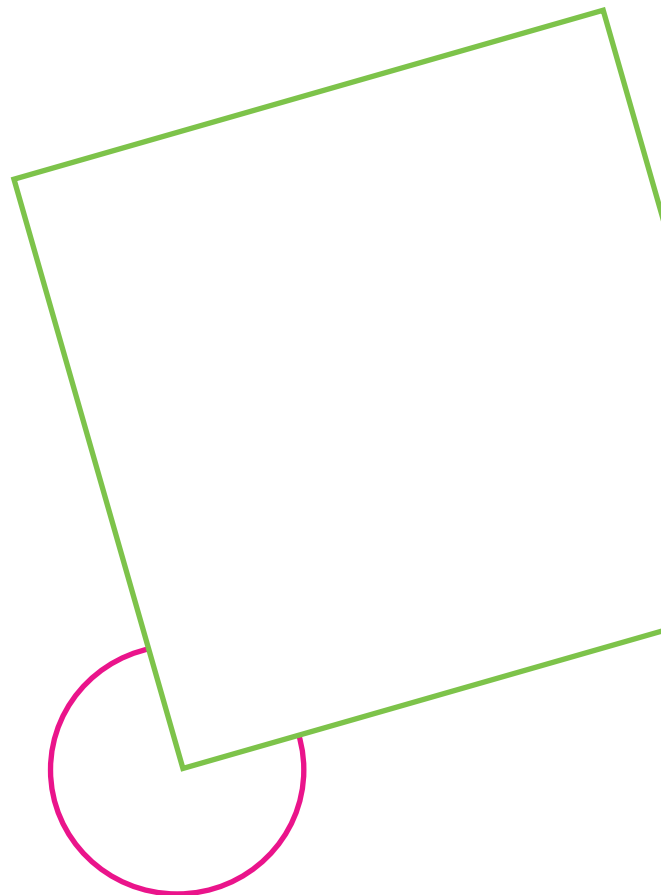
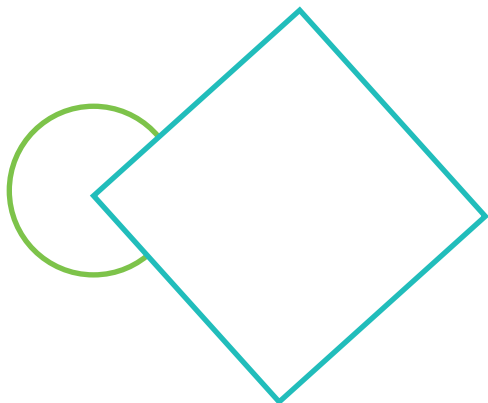
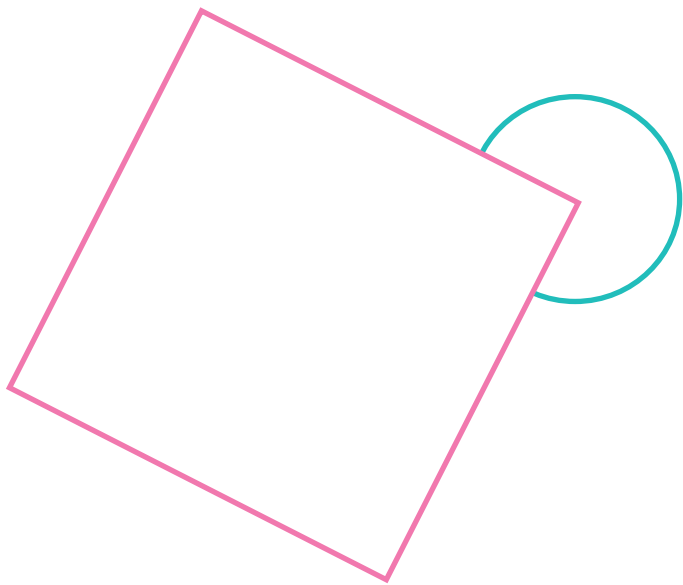


# Anxiety and Worry Flash Cards

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.**



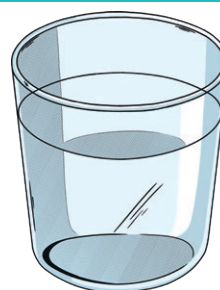
**Make something.**



**Hold a special object.**



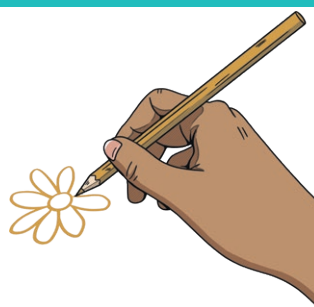
**Have a drink of water.**



**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.**

