

ANXIETY *toolkit*

If you emptied their "calm toolbox" onto a table, what would be in it?

GROUNDING TECHNIQUES

MUSIC + PLAYLISTS

SELF-CARE IDEAS

AFFIRMATIONS



When anxiety shows up

PAUSE

Take 3 slow breaths

CHOOSE

Pick something from your toolkit about

GIVE IT TIME

Try it for 10 minutes

REMEMBER

You are not your anxiety