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Anxiety toolkit quick reference



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A N X I E T Y T O O L K I T

quick reference

5-4-3-2-1 grounding · Name: 5 things you see · 4 hear · 3 touch
· 2 smell · 1 taste

Box breathing · Inhale 4 counts · hold 4 · exhale 4 · hold 4 ·
repeat × 4

The STOP technique · Stop · Take a breath · Observe (what am
I feeling?) · Proceed

Phrases that help · 'This will pass.' · 'I have survived this feeling
before.'

'My feelings are real but they are not facts.'

If anxiety is very high · Cold water on face or wrists · vigorous
exercise · call someone

Support · Samaritans: 116 123 (free, 24hrs) · IAPT: ask your GP

A N X I E T Y I S U N C O M F O R T A B L E — I T I S
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