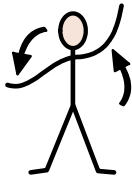




Pause

Feeling anxious ?  
Stop what you are doing



move

Try 1 minute of movement:  
squats, star jumps, wall  
pushes, jog on the spot



safe

Tell yourself you are safe,  
there is no immediate  
danger, this is anxiety. It  
will pass.

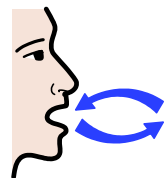


relax

Get into a relaxed position  
or place. You could use a  
fidgit toy or sensory toy.



slow



breathing

Deep breath in.  
Hold for 3 seconds  
Slow breath out.  
Repeat 10 times.