

◆ BREATHE IN 1 - 2 - 3 - 4 ◆

# The Anti-Anxiety Card

..... **1** .....

I am feeling anxious but it will pass  
and I have the ability to handle it.

..... **2** .....

I am young and no-one expects  
me to know everything.

..... **3** .....

Everyone knows how stressful it is  
to start something new. They've all  
done it and felt nervous too.

..... **4** .....

I'm imagining the worst happening  
but it's OK because it's just that this  
means a lot to me.

..... **5** .....

I need to remember to breathe.  
It short circuits the stress chemicals.  
(follow the edges of the card)

HOLD 1 - 2 - 3 - 4

HOLD 1 - 2 - 3 - 4

◆ BREATHE OUT 1 - 2 - 3 - 4 ◆

# The Anti-Anxiety Card

My positive message to myself:

.....

.....

.....

.....

.....

.....



[headspace.org.au](http://headspace.org.au)

[inllen.org.au](http://inllen.org.au)