

**When anxiety takes a hold it's very easy to forget any coping skills you may have. Keep this card with you at all times in case anxiety takes over and follow the exercises to take you to a calmer place.**

## 5-4-3-2-1 Technique

- 5 What are 5 things you can see?** Look for small details such as a pattern on the ceiling, the way light reflects off a surface, the sky or an object you never noticed.
- 4 What are 4 things you can feel?** Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.
- 3 What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.
- 2 What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.
- 1 What is 1 thing you can taste?** Carry gum, sweets, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors. If you're waiting for surgery you won't be able to eat anything so focus on the general taste in your mouth.

### 4-7-8 Breathing exercise

- 🌀 Breathe in for 4 seconds
- 🌀 Hold for 7 seconds
- 🌀 Breathe out for 8 seconds



Repeat the breathing cycle 4 times.

### Box Breathing exercise

- 🌀 Breathe in for 4 seconds
- 🌀 Hold for 4 seconds
- 🌀 Breathe out for 4 seconds
- 🌀 Hold for 4 seconds



Repeat the breathing cycle 4 times.

What would you say to a friend who is feeling the way you are right now?

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“You're a fighter.  
Look at everything you've overcome.  
Don't give up now.”

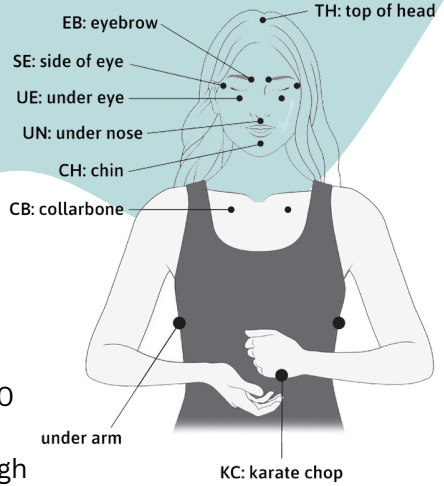
Olivia Benson

# EFT Tapping (Emotional Freedom Technique)

Tapping is a powerful stress relief technique. It is based on the combined principles of ancient Chinese acupuncture and modern psychology.

## Tapping Points

The basic Tapping technique requires you to focus on a negative emotion. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on 9 specific meridian points of the body.



Tapping on meridian points sends a calming signal to the brain, letting your brain know it's safe to relax

- Identify the negative emotion & Rate the intensity level of your anxiety on a scale of 0 to 10.
- Compose a setup statement, eg "Even though I feel this anxiety, I accept how I feel".
- With four fingers on one hand, begin tapping the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.
- Repeat your setup statement three times to yourself, while simultaneously tapping the Karate Chop point. Take a deep breath.
- Now, tap about 5 to 7 times each on the eight points in the sequence below. As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" to help you mentally focus on your issue.

### 1 - Karate Chop, 2 - Eyebrow point, 3 - Side eye, 4 - Under eye, 5 - Under nose, 6 - Chin Point, 7 - Collarbone point, 8 - Underarm, 9 - Top of Head.

- Take another deep breath. Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same 0 to 10 scale. Did you notice a difference?

*Time to think about things that work for you.....*

- What keeps you calm?.....
- Favourite song.....
- Favourite hobby.....
- Favourite self care practice.....
- Person to message/call.....

*you're STRONGER THAN YOU Think.*