

My Feelings Toolbox

You will find a number of ways to control your anxious feelings which you can keep in your "toolbox". Write them down to help you remember.

- Physical exercises that helps me relax are:

- My relaxing activities are:

- Mind games I could use when I am anxious are:

- Distraction exercises I could use are:

- My relaxing place is:

Remember – controlled breathing can quickly help you gain
control of your feelings.