

# Strategies to Reduce Anxiety Prompt Cards

When a young person is experiencing anxiety, it is important to give them strategies that will allow them to remain calm and feel in control. These prompt cards can be used to encourage young people to take some time out of their day to reduce their anxiety and worries.

The small cards provided can be hole-punched and fastened together so the young person has a useful pocket-sized pack to use whenever they need it.



There are also some blank cards provided so young people can put their own ideas on them. Often, young people know what works best to help them feel less anxious but when they are stressed and worried, it can be difficult to remember. Please encourage young people to add their own strategies to the cards; these visual aids will help in those situations where they forget.

## Strategies to Reduce Anxiety Prompt Cards



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Read your favourite book.



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Whistle or hum your favourite song.



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Tap the back of your hand.



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Have a drink of water.



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Take deep breaths in and out.



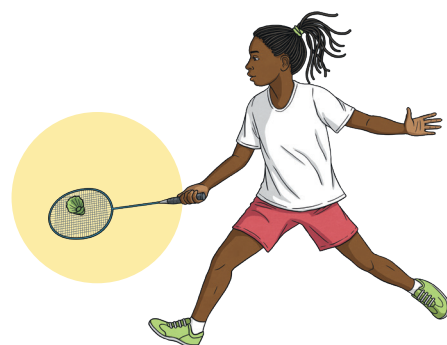
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Draw or colour a picture.



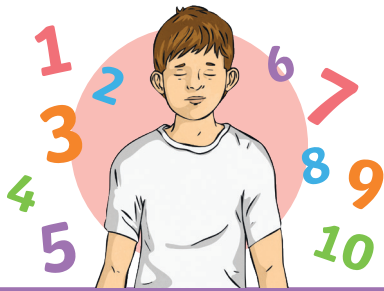
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Get some exercise.



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Find a quiet space, close your eyes and count to ten. Keep repeating this until you feel calmer.



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Write a story.



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Think of a place that makes you happy.



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Find your special object, such as a fidget toy, a picture or a photograph.



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Try and relax your body by focusing on how it feels when you relax.



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Arrange to spend time with your friends.



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Listen to an audio book or your favourite song.



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