**My Tool #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Tool #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Tool #3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Suggestions:**

\*Stay in the present moment and use grounding techniques:

* **The 5, 4, 3, 2, 1 Technique:** Notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and then mindfully think of a time you felt calm and relaxed-what did you see around you, hear, smell, feel on your fingers and toes, who was there, were you alone or were others there? Concentrate on bringing yourself back to that time. You can access that feeling wherever you are. Remember-you take your tools with you everywhere you go.
* **8 Breathing:**  Draw a figure 8 with your pointer finger on any surface in front of you. Start at the center of the 8 and as you form the circle at the top, breathe in slowly for 4 seconds, pause in the middle for 2 seconds, and then as you form the bottom circle, breathe out for 4 seconds. Do this 8 times. Remember, slowing your breathing helps to slow your central nervous system and this alone has the power to decrease your symptoms of anxiety. You are in control of your anxiety, it does not control you.

\*Externalize Your Worry:

* **Talk to Your Worry:**  When your worry appears, notice it and talk to it. “Worry, I see you. You try to tell me that I don’t feel well, feel uncomfortable, or can’t do something, but I am in control. I won’t let you stop me.”
* **Create a Worry Card:** Write down 3 things that your worry says when it shows up, and 3 things that you can say back to your worry. Pull this card out and use it when worry shows up.

\*Keep Track of Your Successes:

* **Notice and Give Yourself Credit!:** Each time that your worry shows up and you use one of your tools, helping you to keep doing what you need or want to do anyway, write it down. Keep a success journal-each time you feel uncomfortable but do it the task anyway, you are succeeding, congratulations! Give yourself credit! You rock!!