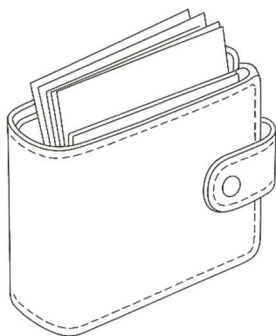


CUT-OUT CARDS: POCKET TOOLS



Anxiety often doesn't warn you before it arrives. In those moments, it's common to feel like you've lost control — as if your body and mind have been hijacked.

That's why I created something special to be with you when you need it the most: Pocket Tools.

They were designed as small reminders, with simple and effective techniques to help when anxiety hits. You can cut them out, fold them, and keep them in your wallet, pencil case, or bag. The important thing is that they be nearby — within reach.

These cards work like emotional “anchors”: they help you remember that you have resources, that you're not alone, and that this crisis will pass.

How to Use the Cards

Choose the ones that resonate most with you: Everyone responds differently to each technique.

Always carry them with you: especially in situations that tend to make you more anxious, like meetings, lines, travel, or social settings.

Use them without judgment: Don't pressure yourself to "feel better right away." Use the card as a small act of self-kindness.

Personalize them if you like: Write something meaningful on the back — a calming phrase or the name of someone who makes you feel safe.

Remember:

These cards are not a magic fix, but a real support during the storm. Over time, you'll see that you're no longer at the mercy of anxiety: you have tools, you have a voice, and you have a choice.

ICE GROUNDING

1. Take an ice cube (or something very cold).
2. Hold the ice in your hand or press it against your skin (hand, face, arm) for a few seconds.
3. Focus entirely on the sensation: the coldness, the mild burning, the discomfort.

The intense attention to a strong physical sensation “forces” the brain to disconnect from anxious or dissociative thoughts and return to the here and now.

Just be careful not to hold it too long and burn your skin!



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SENSORY GROUNDING

Look around and identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This helps take your mind off the feeling of anxiety and brings you back to reality.



BREATHING WITH ATTITUDE

1. Stop and bring your attention to your heart

Breathe slowly and deeply, feeling the movement in your chest.

2. Breathe in a rhythm of 5 seconds inhale / 5 seconds exhale

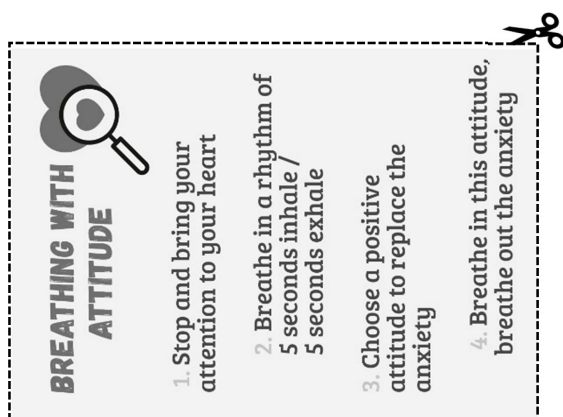
Do this for 1 minute, keeping your focus on the breath.

3. Choose a positive attitude to replace the anxiety:

Examples: courage, calm, safety, confidence

4. Breathe in this attitude, breathe out the anxiety

Visualize the attitude entering your heart and the tension leaving.



CALM DOWN

C – Connect with your feelings – Acknowledge what you're feeling without fighting it. Tell yourself, *"I'm anxious right now, but this will pass."*

A – Assess what's happening – Observe your thoughts, emotions, and physical sensations. *"What am I thinking now?", "Where do I feel it in my body?"*

L – Let yourself act – Don't freeze; take small steps despite the anxiety. Stand up, breathe, drink water, change your environment.

M – Mind your breath – Breathe in slowly and exhale gently.

D – Distract your focus – Look around, count objects, listen to music, talk to someone, touch something cold.

O – Observe new thoughts – Ask: *"What could I think now that helps me get through this?"*

W – Welcome a smile – Even an inward smile activates circuits of well-being.

N – Notice and trust: it will pass – Anxiety has a peak, a plateau, and a decline. Breathe, wait, and trust: no crisis lasts forever.

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POSITIVE VISUALIZATION

Imagine a place where you feel completely safe and calm.

It can be real — like a beach you know — or a place that exists only in your imagination.

What matters is that this place conveys peace, safety, and comfort.

Ask yourself:

- What do you see around you?
- What do you hear?
- What does this place smell like?
- What do you feel emotionally?

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