

SELF-TALK TO COPE WITH ANXIETY

Keep a card with you at all times with 4 sentences on it, one from each of the following sections. Read the appropriate sentence as long as is necessary before going on to the next. Do not forget the final section, when the anxiety has passed, as this helps reduce the likelihood of another panic attack.

PREPARING FOR A STRESSFUL SITUATION

- ❖ I am a capable person
- ❖ I cope with this.
- ❖ Time for a few slow breaths.
- ❖ Focus on what I have to do.

COPING WHEN ANXIETY BUILDS UP

- One step at a time.
- I'll tense my muscles first, then I can relax.
- I can manage this.
- I am choosing to do this.
- Take a slow breath and focus.

COPING WHEN ANXIETY STARTS TO OVERWHELM

- ✚ I'll just pause, I can handle this.
- ✚ I'll pay attention to the present.
- ✚ Right now I feel uncomfortable. That's OK, I can cope.
- ✚ Slow down and breathe.
- ✚ Check in. Where am I? What do I need to do?

WHEN IT'S ALL OVER AND ANXIETY HAS PASSED

- ✓ Some things I did well and I can use them again.
- ✓ That was good practice. Next time will be even better.
- ✓ I'm getting better at this.
- ✓ I did the right things for myself.

If you are driving in the car, sing. This helps breathing and takes your focus away from your anxiety. Nursery rhymes are good.