

# Anxiety-Relieving Coping Cards!

These pocket cards might help you ground yourself through those intense feelings when worry gets the best of you.

Includes:

- 12 coping skills flash cards for those on the go who want to bring along concrete, printable coping skills to improve their mental health!
- Each card measures 9cm by 12cm long when printed on A4 paper.
- To use again and again, print, cut, and laminate.
- This digital print is intended for personal use only and may not be resold, posted, or used commercially without prior permission.

Cheryl T. Long

I learn to  
face my  
worries by  
relaxing  
through these  
feelings.

Am I  
falling into  
a Thinking  
Trap?\*

Even if I'm  
anxious, I can  
deal with this  
circumstance.

These are  
merely  
thoughts,  
not facts.

I  
can  
move  
forward  
in life.

If my heart is  
racing, I get sweaty,  
and my tummy  
hurts. That means  
that my anxiety is  
acting up. I'm not in  
danger

My anxiety  
will reduce if  
I stay present  
and focused  
on my task.

This sensation  
is unpleasant,  
but I can deal  
with it.

I do not need to  
focus on this  
feeling  
or  
try fix it

I  
can face  
my fears  
as I am  
brave

Things aren't  
as horrible as  
I'm portraying  
them to be.

I  
am  
safe  
and  
sucure