



# Panic-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  
am  
able to let go of  
panic**

**I  
breathe  
easily  
and  
naturally**

**I  
am  
free  
from panic attacks**

**I  
am  
able to mentally  
detach from  
panic attacks**

I  
have survived  
panic attacks  
before  
and  
I will survive  
this as well.

Nothing  
serious is  
going to  
happen.

Taking  
deep  
breaths  
helps me  
relax

Handling  
pressure  
is easy  
for me

This  
isn't  
dangerous.

I  
will  
just let my  
body pass  
through  
this.

This  
will  
pass.

Controlling  
my  
breathing  
comes  
naturally