Anxiety Cheat Sheet

Are you somewhere safe? Does a loved one know where you are?

You are doing so well & you **will** get better

Find some peace & quiet if possible & **take 5 slow, deep breaths**

List 3 moments when you felt some peace, relief or happiness

List 3 achievements you've had in your recovery so far

Your favourite self-care activities and things that bring you comfort; e.g. music, meditation, supportive people etc

Fear (what are you frightened of right now?)

1.

2.

3.

4.

5.

Fact (rational counterpart to this fear; what is actually true? What is there evidence of?)

1.

2.

3.

4.

5.

Helpful mantras and quotes

Useful contact details, websites, social media groups & peer support

The Butterfly Mother

~ Finding Joy in the Journey ~

www.thebutterflymother.com
www.lotuspetalpnd.com.uk

Lotus Petal
Family Support