

Anxiety Solutions



While many people experience anxiety (Australia's most common mental health condition), almost everyone has anxious thoughts sometimes. Whether it is nagging concern about exams, finances or body image, or the cold sweat of performance anxiety or social situations, it's empowering to have some simple strategies you can use anywhere, anytime. *Anxiety Solutions* is a set of 50 beautifully-illustrated cards for building your skills in managing worry. Here are a few ideas for using the cards (you'll find many more in the booklet that comes with the cards).

- Spread the cards out illustration side up, and select 2 or 3 cards. Read the activity on the back.
- What appeals to you about these illustrations or activities?
- Choose one activity that can be completed right now.
- Before doing the activity, give yourself an 'Anxiety Rating' on a scale of one to ten.
- After the activity, rate yourself once again. Which strategies were the most effective?
- Each day select another card and try out other techniques. Give each one a 'calm rating' and note the ones that work best for you.
- Pick cards that remind you of things you did as a child to relax and feel calm. Deliberately build these into your day again.
- Try an activity you have never done before. How was it?
- Select a variety of different activities. For example, inside/outside; quiet/loud; using the mind/ using the body. Try out the activities. Which ones worked best?
- Pick cards for anxiety-reducing activities you can do while waiting in line, driving in traffic, at a social situation.
- Think about an upcoming event—a job interview, presentation or exam. Build a program of anxiety-busting activities by selecting 3-6 cards with strategies to practise 2 weeks before, 1 week before, on the day.
- Display your favourite card(s) on your fridge, desk or mirror as reminders.
- Choose a card at random and try that strategy out every day for a week.
- Choose a card that relates to a 'wellbeing' goal you have. What simple step could you take today?
- In secondary classrooms: Students select 1-3 cards with activities to try by themselves or with a partner.

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50 laminated, full-colour cards, 140 x 140mm, cardboard box, plus booklet.
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Cat No: 4960



- Or teachers can set up 'stations' based on activities in the cards. Students rotate through the stations and give each activity a 'Calm Rating' out of ten.
- Students research how anxiety affects the brain and body.
- Each student chooses a card and researches the practice base of the technique (these are listed in the booklet) and finds related quotes, poems or songs.
- Cards can be used as prompts for creative writing, journaling and storytelling.
- Have a 'lucky dip' where a student randomly chooses a card of the day/week. Everyone practises the technique and discusses the effect on body and mind.
- Use the cards at potentially anxious times—camps, exams, performances, transitions.
- Display cards on noticeboards and in corridors to promote a culture of wellbeing in your school or workplace.

Always consider that sometimes a technique is not enough and help is needed.