

Coping strategy cards

5-4-3-2-1

This technique helps to relieve anxiety by engaging our senses and focusing our mind, making us feel more present

- 5 Name five things you can see 
- 4 Name four things you can feel 
- 3 Name three things you can hear 
- 2 Name two things you can smell 
- 1 Name one thing you can taste 

NO LiMiTS

Helping Young People Help Themselves

I might just be a piece of card, but I believe in you!



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Five finger breathing

Breathing techniques slow our breathing down, getting more oxygen into our lungs and lower our heart rate, helping us to feel calmer when we are anxious.



Slowly trace round each of the fingers on one hand with a finger from the other. Breathe in on the way up and breathe out on the way down.

NO LiMiTS

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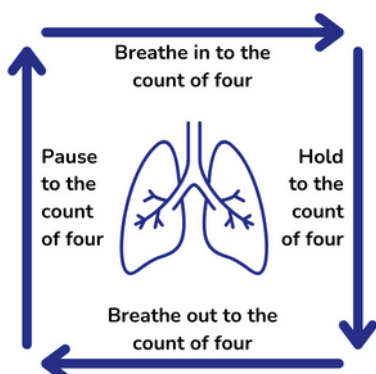
I am resilient
I can do this



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Square breathing

Breathing techniques slow our breathing down, getting more oxygen into our lungs and lower our heart rate, helping us to feel calmer when we are anxious.



NO LiMiTS

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I am strong
I am in control



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