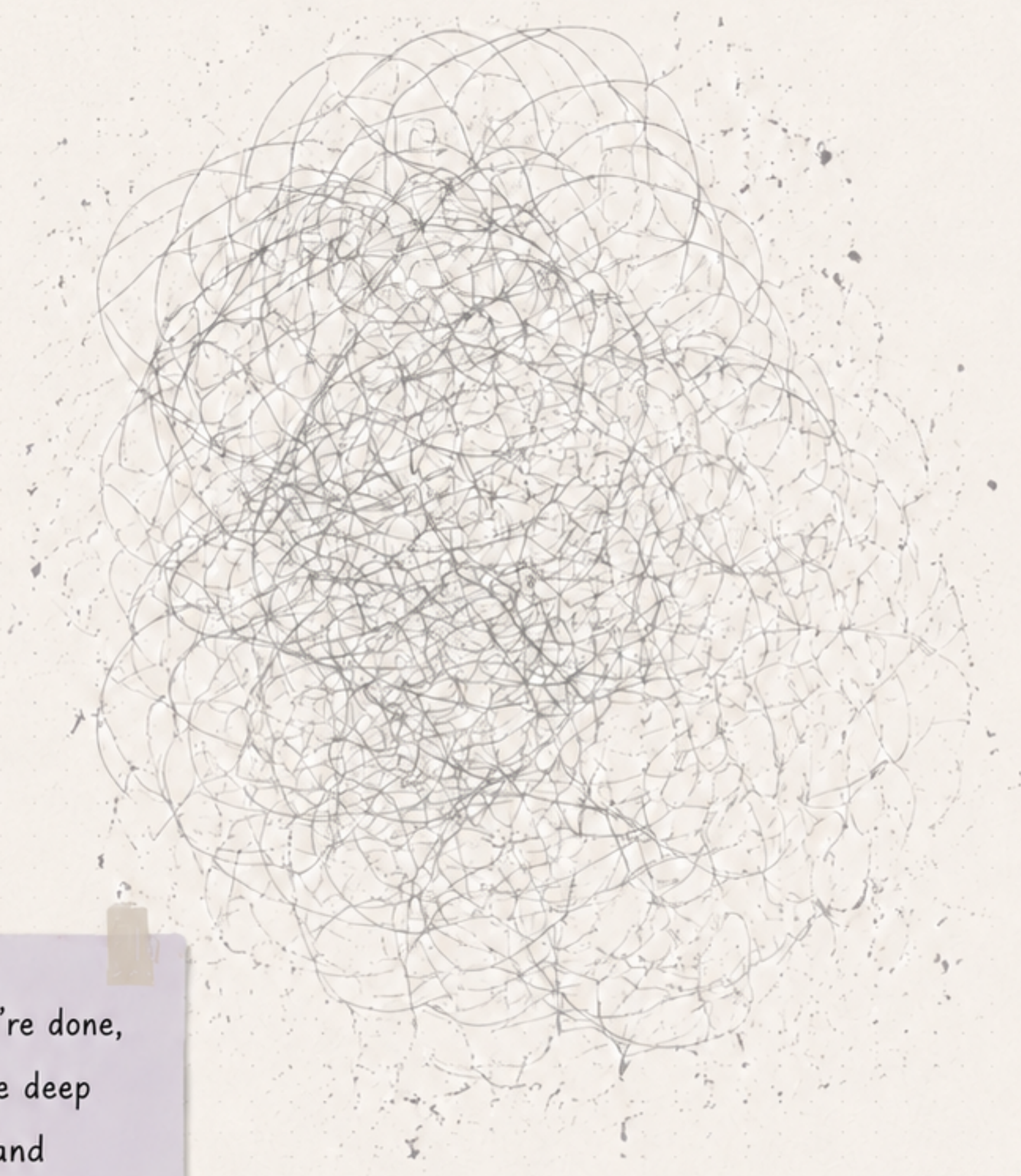


Thought Release Zone



Write down every thought, worry, and fear on your mind.



When you're done,
take three deep
breaths and
tell yourself:
I've let it go. ♥



Gentle Tip ☀

Don't worry about order
or logic. Write whatever
comes up and let your
feelings flow.

How I Feel After Writing ♥



Very Low



A Bit Scattered



A Little Better



Much Lighter



Very Calm

Anxiety First Aid

Steady yourself first.
Then solve the problem.

Am I not good enough?

What if I mess up?

What will others
think of me?

What if I fail?

Gentle Reminders:

- This anxiety is temporary. I'm learning to live with it.
- I'm doing my best and deserve understanding and acceptance.
- I can take it slowly. I will feel better.

Ground Yourself: Breathing (3 Rounds)

Inhale 4 sec → Hold 4 sec → Exhale 6 sec



What I Can Control

Focus on what I can do right now

- _____
- _____
- _____
- _____



What I Can't Control Right Now

Accept uncertainty and release excessive worry

- _____
- _____
- _____
- _____



Next-Step Checklist

Start with one small action and give yourself credit

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Small
steps
count!



You're already getting a little better

Sort What I Can Control

Sort things into two groups
and notice the relief.



What I Can Control

- _____
- _____
- _____
- _____
- _____
- _____

What I Can't Control

- _____
- _____
- _____
- _____
- _____
- _____

What I Choose to Do ☆

Focus on what I can control
and practice letting go of what I can't.



Gentle Reminder

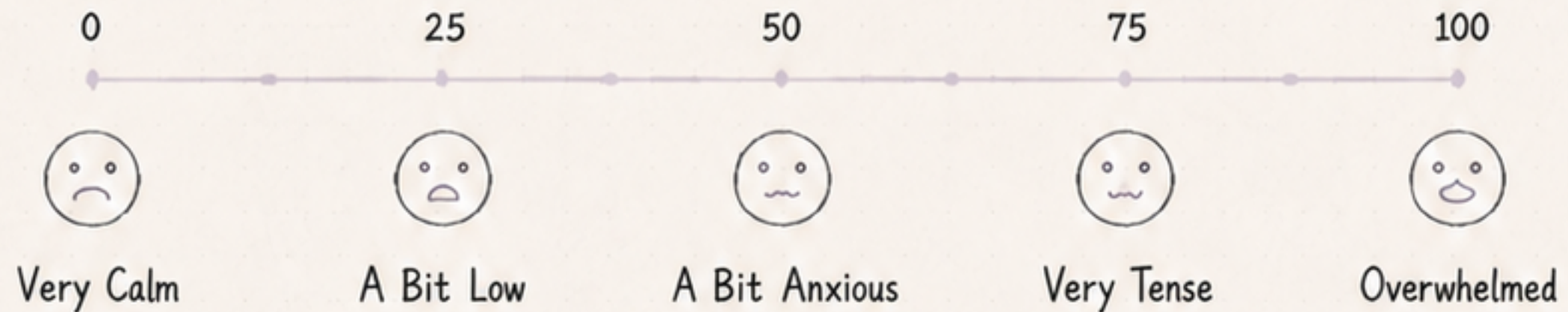
I don't have to solve everything.
I only need to do the part I can.



Emotional Thermometer



Rate how you feel today!



Right Now I Feel:

☐ Anxious ☐ Stressed ☐ Uneasy ☐ Drained ☐ Other: _____

What Worries Me Most:

- _____
- _____
- _____



One Small Thing I Can Do:

Do one small thing that helps you feel better.

- _____
- _____
- _____

Caring for yourself is
where healing begins.

The Support or Comfort I Need:

- _____
- _____
- _____
- _____



What I Want to Tell Myself:

- _____
- _____
- _____
- _____



Today's feelings deserve to be seen and treated with kindness.

5-Minute Reset Plan

When emotions catch me off guard,
I can give myself five minutes to pause. 

01

Pause (1 minute)

Stop what I'm doing.
Breathe deeply and remind myself:
I feel anxious, and I am safe.



02

Notice (1 minute)

The emotion I feel right now is: _____
It comes from: _____



03

Clarify (1 minute)

What is making me anxious:

04

Choose One Action (1 minute)

The smallest step I can take now is: _____

05

Encourage Myself (1 minute)

One kind thing I can tell myself: _____



Gentle Tip:

Five minutes won't solve everything.
It can help me step back and
regain some control.



Check In When Done:



Today's Reflection

Reflect gently. Live intentionally.

What Made Me Anxious Today:

- _____
- _____
- _____
- _____



How I Responded:

(What Truly Helped)

- _____
- _____
- _____
- _____



What I Appreciate About Myself Today:

- I did... _____
- I kept going... _____
- I faced it bravely... _____
- I treated myself kindly... _____



What I Want to Tell Myself Tomorrow:

- _____
- _____
- _____
- _____



Life doesn't have to be perfect to be worth remembering. ♥