

KEEP CALM CARD

7 things you can do when you're
feeling worried or panicky

Carry me in your pocket!

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Just remember A, B, C, D, E, F, G

Ask for help- talk to some who makes you feel safe

Breathe deep- breathe in for 3, hold for 3, breathe out for 3

Count- count the things around you or count until you feel calm

Draw/doodle- put your feelings into a picture

Exercise- take a walk, go for a run, play a sport

Find a safe place- go somewhere you feel safe

Ground yourself- name 3 things you can see, 2 things you can touch, 1 thing you can smell