

THINGS I CAN SAY TO CALM MY BRAIN



I am safe



I am not in danger

I can breathe slowly



I can soften my body



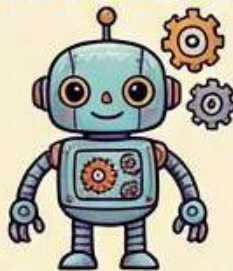
I can pause



This feeling will pass



Feelings change



I don't have to fix this now



I can take this one step at a time



I can handle this moment



I am doing my best



I will be okay

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Anxiety - Mindfulness - Emotional Regulation - Big Feelings