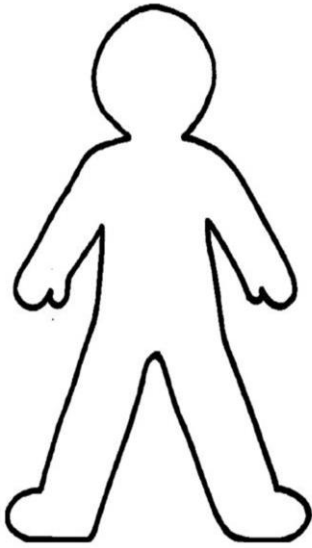


# 'SOOTHE' PLAN

I recognise when anxiety is increasing inside me...

I recognise this is what triggers anxious feelings:



## REMEMBER: Thoughts are not facts

S



**STOP** – recognise I have been triggered.

I know I have the tools that help me when I feel anxious:



O



**OBSERVE** – my negative thought train at the station – I know I have a choice to get on or let it pass through.

O



**OPERATE** – a change of track by getting into my body and moving to release the feelings stuck inside me.

T



**THINKING** – I will focus my thinking on my chosen positive affirmations.

H



**HELP**- I can ask for help if I need to reach out. I have a good support system.

E



**ENVIRONMENT** – I can notice how my environment can make me feel & adjust when needed.

