



### Control the controllables

When we are feeling worried, life can feel a bit out of control – focus on what you **CAN** control rather than what you cannot

### Acknowledge the worry

Document anxious thoughts using the **WORRY TREE** or set **WORRY TIME**:

#### **WORRY TIME:**

Set aside 15 minutes per day to write down anxious thoughts.

When the time is up, put them in a box.

Leave the thoughts in the box and carry on with your day.

## Strategies to reduce anxiety

Go for a walk outside or walk around your garden.

Focus on the:

**Plants & flowers** – the shape?  
Size? Colours?

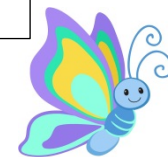
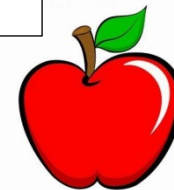
**Weather** – can you feel the sunshine? The wind blowing?

**Smell** – the scent of flowers / grass?

**Sound** – birds? Buzz of bees?  
Cars? Dogs? Silence?

If you cannot do anything about your problem, follow **APPLE**

Engage in breathing exercises and/or the butterfly hug

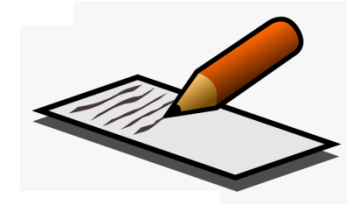




Spend time in the garden or go for a walk

Play a board game or card game

Mindfulness colouring in books



Work on your writing

Relax in your favourite arm chair and watch a TV show

Activities I can do to focus my mind

Create something using modelling clay

Work on a puzzle

Take photos on your polaroid camera & make a photo album

Bake some cupcakes

Talk to people – a friend / carer / family either in person or on the phone

Sewing / embroidery



**CONTROLLING THE CONTROLLABLES**

<b>Things I can control</b>	<b>Things I cannot control</b>

When you are feeling worried or anxious and there is nothing you can do, take a bite of an... APPLE



**A**

**Acknowledge:**

Notice the worrying thoughts and accept they are there.

**P**

**Pause:**

Don't react as you normally do. Don't react at all. PAUSE and breathe.

**P**

**Pull back:**

Tell yourself it is the worry talking. It is only a thought it is **not** a fact.

**L**

**Let go:**

The thought will pass, let go of it. Imagine them floating away on a cloud.

**E**

**Explore:**

Explore the present moment. Notice your breathing and the sensations around you.



PAUSE

Once you have finished your **APPLE** try some activities that will shift your focus of attention.



VISION



HEARING



SMELL



TASTE



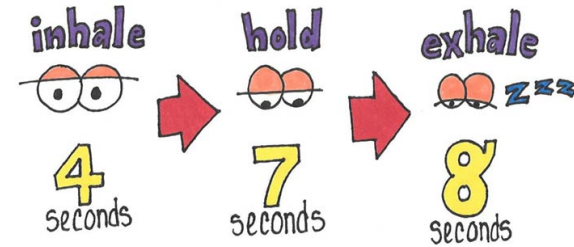
TOUCH



Calming techniques: breathing exercises & the butterfly hug

**The butterfly hug**

1. Sit on a chair and plant both feet firmly on the floor
2. Begin to breathe in through your nose and out through your mouth
3. Cross both arms over your chest, just below your collar bone
4. Gently tap yourself, alternating between your right and left hand



**Relaxing breath exercise**

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of **four**.
3. Hold your breath for a count of **seven**.
4. Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
5. Repeat **3 more** times