

example?

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| <b>Calming/<br/>grounding<br/>image</b> |   |
| <b>Compassionate<br/>attention</b>      | <p>Focus on memories of times I've coped      Notice surroundings / colour</p> <p>Image of a wise face      Focus on feelings of courage in my body</p> <p>.....</p> <p>.....</p> |
| <b>Compassionate<br/>thinking</b>       | <p>Brains are tricky      This too shall pass      You've got this</p> <p>Anxiety usually peaks then calms in 5 mins      It's not my fault</p> <p>.....</p> <p>.....</p>         |
| <b>Compassionate<br/>behaviour</b>      | <p>2 mins breathing app      Slow down      Smell my lavender oil</p> <p>What would my compassionate self do?      Listen to music</p> <p>.....</p> <p>.....</p>                  |