

Cards Against Negativity

COMBATING WORRY & ANXIETY

NEURAH



Is this worry productive or unproductive?

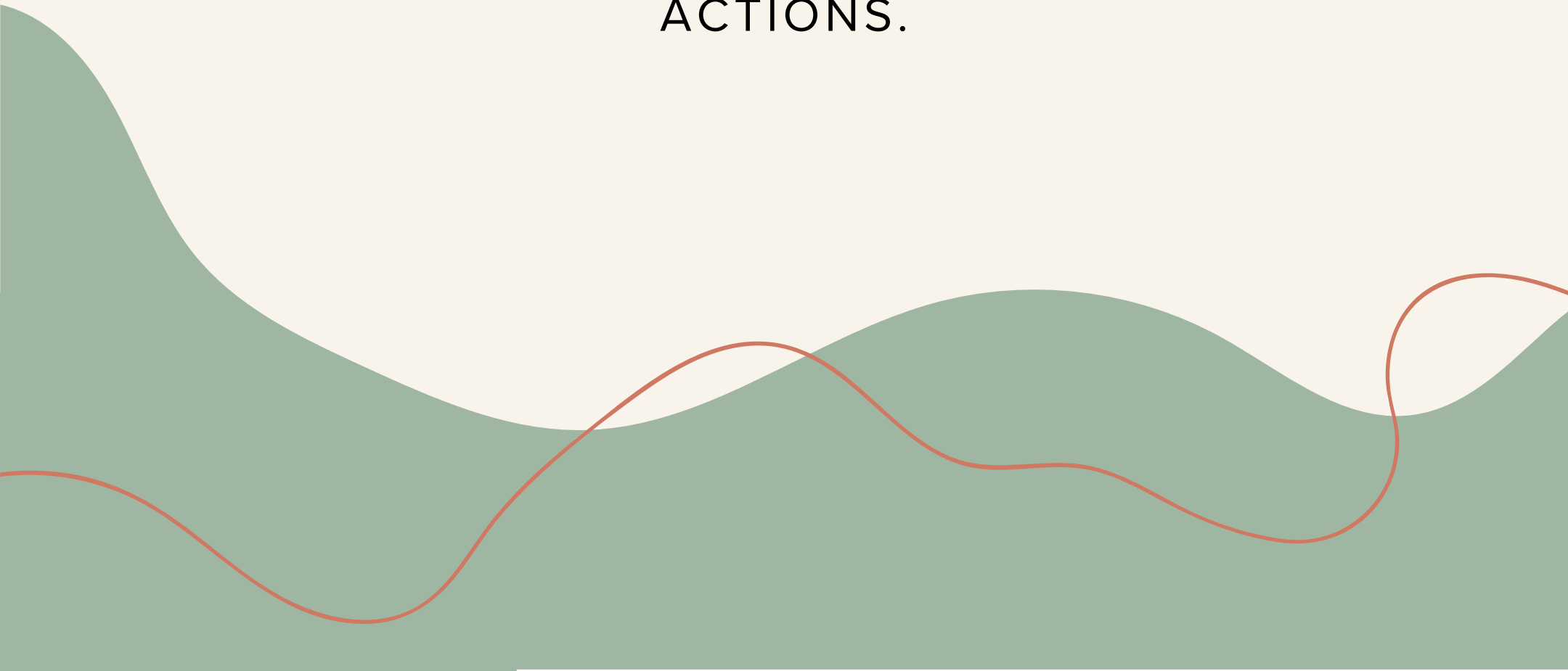
PRODUCTIVE WORRY LEADS TO PROBLEM-SOLVING; UNPRODUCTIVE WORRY JUST SPINS YOUR WHEELS. IDENTIFY WHICH TYPE YOU'RE EXPERIENCING.





What's one small step I can take right now?

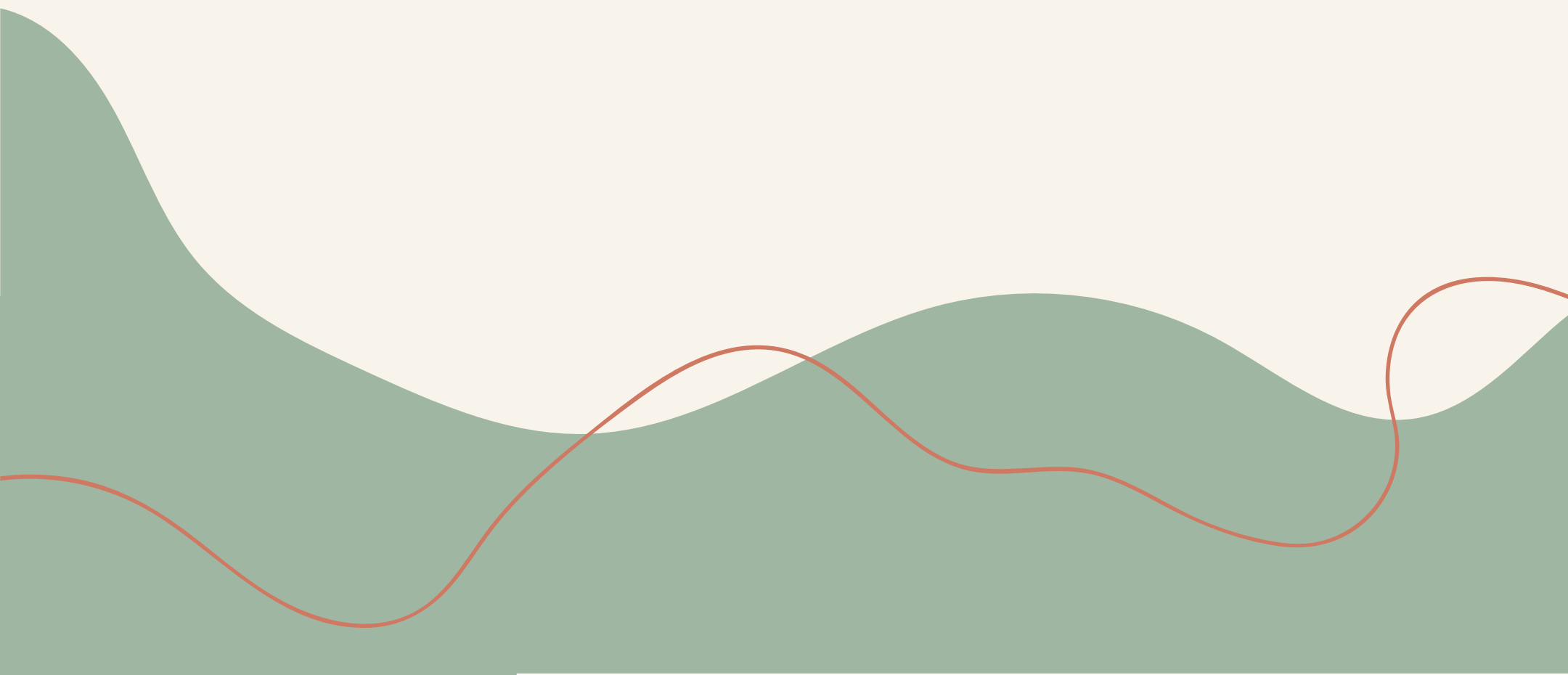
OVERWHELM OFTEN STEMS FROM FOCUSING
ON THE ENTIRE MOUNTAIN. THIS CARD HELPS
BREAK DOWN ANXIETY INTO MANAGEABLE
ACTIONS.





I am safe in this moment.

GROUND YOURSELF IN THE PRESENT. OFTEN,
ANXIETY IS ABOUT FUTURE UNCERTAINTIES,
WHILE YOUR CURRENT MOMENT IS ACTUALLY
SAFE.





What's the worst that could realistically happen?

CATASTROPHIZING EXAGGERATES OUTCOMES.
EXAMINING THE REALISTIC WORST-CASE
SCENARIO CAN OFTEN REVEAL IT'S NOT AS
DIRE AS IMAGINED.





How has this turned out before?

RECALL SIMILAR SITUATIONS WHERE YOUR
WORRIES DIDN'T MATERIALIZE OR WHERE YOU
COPED EFFECTIVELY.

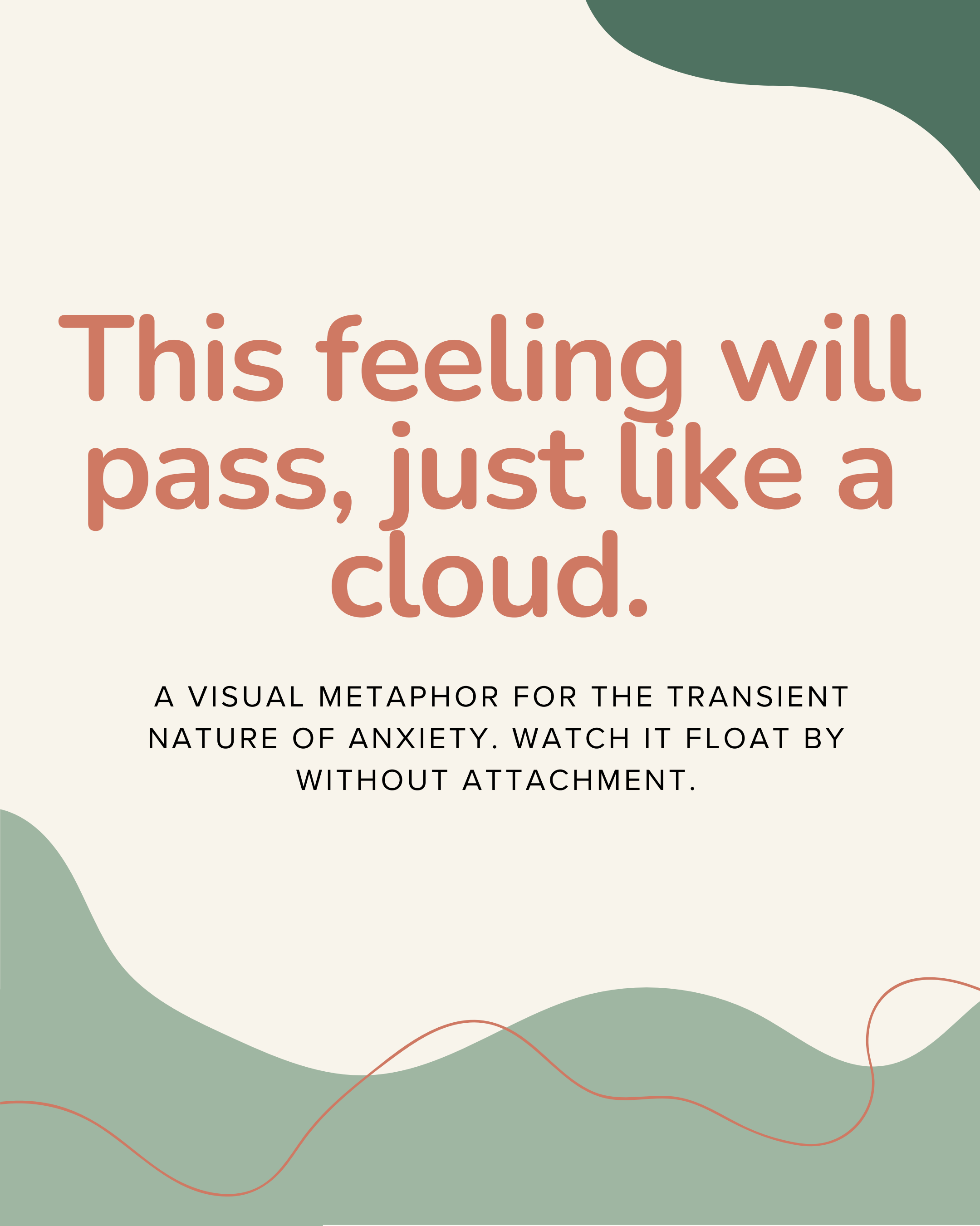




I can choose where to focus my energy.

YOUR ATTENTION IS A POWERFUL TOOL. THIS
CARD REMINDS YOU THAT YOU HAVE AGENCY
IN DIRECTING YOUR FOCUS AWAY FROM
WORRIES.





This feeling will pass, just like a cloud.

A VISUAL METAPHOR FOR THE TRANSIENT
NATURE OF ANXIETY. WATCH IT FLOAT BY
WITHOUT ATTACHMENT.



I breathe in calm,
I breathe out
worry.

A SIMPLE BREATHING EXERCISE THAT USES
VISUALIZATION TO RELEASE TENSION.





What control do I actually have over this?

FOCUS YOUR ENERGY ON WHAT YOU CAN
CONTROL, AND LET GO OF WHAT YOU
CANNOT.





I trust in the unfolding of life.

CULTIVATING A SENSE OF TRUST AND
SURRENDER CAN REDUCE THE NEED TO
CONTROL EVERY OUTCOME.

