

# Lonely Llama - Anxiety Toolkit

## Practical Tools for Calming Your Mind

Welcome to the Lonely Llama Anxiety Toolkit! This guide provides simple techniques to help you manage feelings of anxiety. Use these tools whenever you need to calm your mind or regain focus.

### Breathing Exercises

#### 1. **Box Breathing**:

- Inhale through your nose for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale slowly for 4 seconds.
- Hold your breath again for 4 seconds. Repeat 4 times.

#### 2. **4-7-8 Breathing**:

- Inhale deeply through your nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds. Repeat 4 times.

### Grounding Techniques

#### 1. **5-4-3-2-1 Method**:

- Look around you and name 5 things you can see.
- Name 4 things you can touch.
- Listen for 3 things you can hear.
- Identify 2 things you can smell.
- Focus on 1 thing you can taste.

#### 2. **Cold Water Reset**:

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- Splash cold water on your face or hold an ice cube in your hand. This can help bring your focus back to the present moment.

### **Positive Affirmations**

Use these affirmations to challenge anxious thoughts and reframe your mindset:

- "I am safe and in control."
- "This feeling is temporary and will pass."
- "I am stronger than I think."
- "I have handled difficult moments before; I can do it again."
- "I am doing my best, and that is enough."