

Anxiety Regulation Pocket Deck — Preview Edition

This preview includes 5 sample cards from the full 25-card deck.



5-4-3-2-1 Grounding

Grounding Tool



- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



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Breath + Body

Heart Focus



Place your hand on your chest.
Breathe slowly into that space.

Say: "I return to myself."



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Chest Tightness Relief

Emotion + Triggers



Exhale longer than you inhale.
Open your chest with a gentle stretch.
Unclench your jaw.
Roll your shoulders slowly.



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Box Breathing

Breathwork



Inhale 4

Hold 4

Exhale 4

Hold 4



Repeat for 4 cycles.



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Overwhelm Reset

Emotion + Triggers



Choose ONE next step.

Do it slowly.

Remind yourself:

“One thing at a time is enough.”



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Get the Full 25-Card Printable Deck

Access all grounding tools, breathwork resets, somatic releases, cognitive shifts, and emotional regulation cards:

<https://elevateu4.gumroad.com/l/fljoj>