

UNDERSTANDING ANXIETY: YOUR BODYGUARD

POWER-UP TOKENS



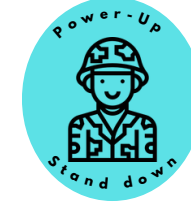
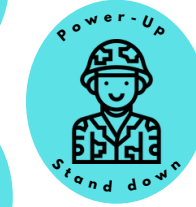
Gives your bodyguard a break to calm down and notice that everything is safe and okay.



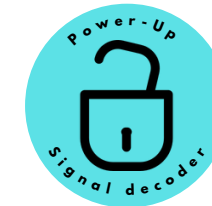
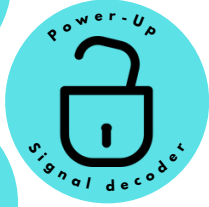
Looks around to see if something is really dangerous or if it's just a false alarm.



Reminds your bodyguard that wherever you go, there is always a safe place you can come back to.



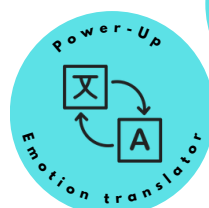
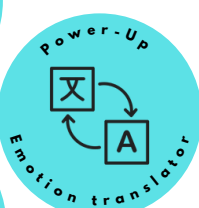
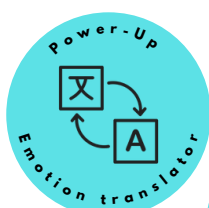
You can ask them to step back when you don't need them, showing that they're helpful but they don't have to be on all the time.



If something is confusing, this helps your bodyguard look again and understand what's happening



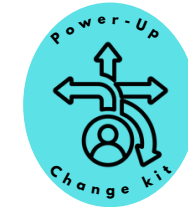
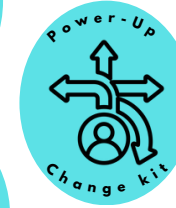
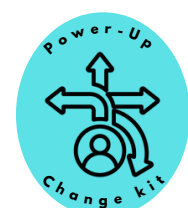
Teaches your bodyguard new ways to handle tricky situations, like using calm-down tools



Helps your bodyguard turn negative thinking into positives



If your bodyguard feels too loud, you can turn them down so they're quieter and easier to handle.



Teaches your bodyguard how to be brave when things don't go as planned, and shows that there is more than one way to cope with a situation



Shows your bodyguard that it's okay to ask for help, and gives you the courage to speak up when you need support.