

Anxiety Reframing Cards

Time pressure "There isn't enough time" → "There's time for the first slice."	Setback "I've blown it" → "I'm one decision from back on track."
Feedback "They hate it" → "There's a clue to improve."	Low energy "I can't do anything" → "I can do the smallest part."
Carer strain "I should do more" → "Enough is compassionate."	Health wobble "Back to zero" → "Paths fade; paths regrow."