kakoon FREE PRINTABLE



your anxiety emergency kit.

six small things to have ready, so that when anxiety shows up, you already know what helps.

build it while you're calm.
reach for it when you're not.

anxiety rarely gives you time to think.

that's why this kit works best when you build it ahead of time. when your mind is busy, you won't have to decide. you'll just reach.

1. **read through the six parts**
   each one is a different kind of help. some will feel more like you than others.

2. **pick what works for you**
   choose one or two ideas for each part, or add your own, and write them in.

3. **keep it close**
   fill in the 'kit at a glance' card. print it for your fridge or screenshot it for your phone.

4. **use it, then adjust**
   after a hard moment, notice what helped. swap out anything that didn't.

there's no right way to do this. your kit is allowed to look nothing like anyone else's.



something distracting

pulls your attention out of the spiral.

IDEAS

- a jigsaw or word search
- a simple phone game
- a crossword or sudoku
- a podcast

MY PICKS



something repetitive

a steady rhythm settles a busy mind.

IDEAS

- colouring
- doodling
- knitting
- a fidget toy

MY PICKS



something regulating

your body slows down with it.

IDEAS

a calm playlist · breathing audio · a warm drink · a weighted blanket

MY PICKS



something grounding

brings you back to the room you're in.

IDEAS

5-4-3-2-1 · feet flat on the floor · something textured to hold · a scent you love

MY PICKS



something comforting

familiar feels safe.

IDEAS

- a favourite book
- a comfort show
- a voice note from someone kind
- a cosy jumper

MY PICKS



something releasing

get the thoughts out of your head.

IDEAS

- your notes app
- a journal
- a voice memo
- a brain dump on paper

MY PICKS

keep this one close.

fill it in, then print it for your fridge or wallet, or screenshot it for your phone's lock screen.

MY ANXIETY KIT

when it gets loud, reach for:



distracting



repetitive



regulating



grounding



comforting



releasing

this will pass. you've got this.

when you need help right now.

5-4-3-2-1 grounding

name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste. it pulls you out of the 'what ifs' and back into the room.

box breathing

breathe in for 4, hold for 4, breathe out for 4, hold for 4. trace a square with your finger as you go. repeat 4 times.

the physiological sigh

two quick breaths in through your nose, then one long, slow breath out through your mouth. repeat 2–3 times. it's the fastest way to settle your body.

name it to tame it

say it plainly: 'i'm noticing anxiety.' putting a feeling into words quietens the alarm and puts you back in charge.

feet on the floor

press your feet into the ground. notice the weight of your body in the chair. you're here, and you're safe in this moment.

you don't have to handle it alone.

this kit is a self-help tool. it isn't medical advice and it doesn't replace care from a professional. if anxiety is getting in the way of your life, please talk to a doctor or therapist. if you are thinking about harming yourself or you're in danger, reach out right now.

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14416 or 1-800-891-4416
free, 24/7, government mental health helpline, 20+ languages

ICALL (TISS)
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free counselling, mon–sat, 8am–9pm

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+91 9999 666 555
free, 24/7, call, text or chat

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gentle reminders, calming tools and first news when the kakoon app launches (coming soon).

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