



DARE Anxiety First Aid

The CORE DARE Response (Memorize This)

"Whatever! I accept and allow this anxious feeling. I'm excited by this feeling as I engage with what's in front of me."

D



D - DEFUSE

"WHATEVER!"

- Don't argue with the feeling.
- Don't analyze it.
- Don't try to stop it.

Simply respond: **"WHATEVER!"**

This breaks the cycle of fear.

A



A - ALLOW

"I ACCEPT AND ALLOW THIS ANXIOUS FEELING."

- Don't resist it.
- Don't wish it away.
- Don't fight it.

Instead say: **"I ACCEPT AND ALLOW THIS ANXIOUS FEELING."**

Allow the sensations to be there.

R



R - RUN TOWARD

"I'M EXCITED BY THIS FEELING."

Instead of pulling away...

- Lean in.
- Challenge it.
- Invite it.

Say: **"I'M EXCITED BY THIS FEELING."** **"GIVE ME MORE."**

This completely changes your brain's relationship with anxiety.

E



E - ENGAGE

"...AS I ENGAGE WITH WHAT'S IN FRONT OF ME."

Don't wait to feel better. Do the next thing.
Bring your attention back to life.

Continue...

- talking
- driving
- working
- shopping
- eating
- walking
- playing with your children

Recovery doesn't happen when anxiety leaves.

Recovery happens when you stop fearing anxious feelings.

REMEMBER



Anxiety is uncomfortable.



It is not dangerous.



Your body knows exactly what to do.



Trust you can handle it.

DON'T DO THESE



- ✗ Check your body
- ✗ Monitor your breathing
- ✗ Google symptoms
- ✗ Ask for reassurance
- ✗ Try to make anxiety stop
- ✗ Escape the situation
- ✗ Wait until you feel calm