

ANXIETY TAROT



Designed by Annie Leue



THE PARTY OF ONE





THE EXPOSURE

ANXIETY SUCKS A BIG ONE

Talking about anxiety is hard, and I don't want it to be that way anymore. **Anxiety Tarot** attempts to tackle that by using the popular format of Tarot to initiate a low-stakes, laughter-filled conversation between two people — a reader and a listener. Each card corresponds to a single facet of anxiety, including symptoms, manifestations, causes, and relief. Each deck comes with a booklet explaining the meaning behind each card, so anyone can pick it up and do a reading for anyone else without any prior knowledge needed. Instead of relying on mysticism found in traditional tarot, **Anxiety Tarot** attempts to demystify mental illness by getting people talking and empathizing with each others' experiences.

Included:

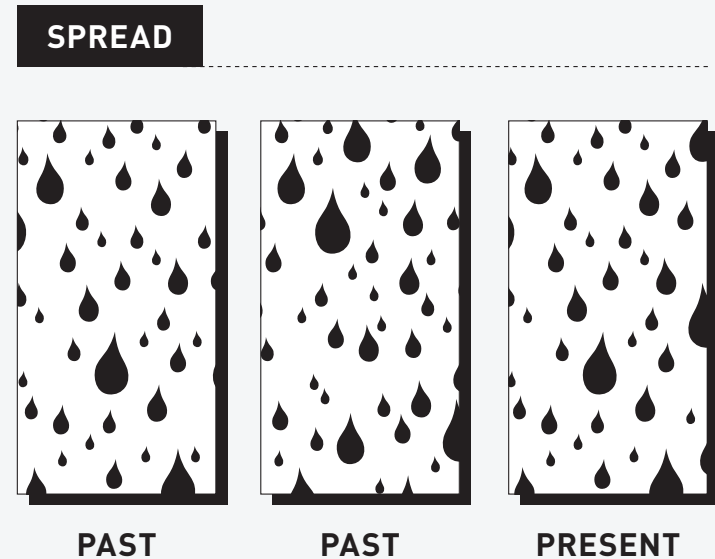
52-card deck, 60-page instructional booklet, ennu.

Deck comes shrink-wrapped and is packaged with the booklet in a re-sealable envelope.

HOW IT'S PLAYED

1. Not unlike traditional tarot, this deck is intended to be an interaction between two people: a “Reader” and a “Listener.”
2. The Reader shuffles the deck and presents it to the Listener face-down. The Listener chooses three cards and places them, still face-down, in a row between the Reader and the Listener.*
3. Beginning with the card furthest to the Listener’s left, the Reader flips over each card one at a time, moving from left to right, and reads its associated “fortune” in the booklet. The first two cards in the spread represent the Listener’s past, while the third card represents the Listener’s present. (Anxiety is already an attempt to predict the future, so it’s not included in this spread.)

**This method employs the spread to the right. Players may assign their own spread at their discretion and ask the Listener to pick more than three cards.*



For people who hate reading and fun, there is also a tl;dr (too long; didn't read) for each “fortune” which very briefly sums it up. They are not particularly useful.

EXAMPLES*



*NOT ACTUAL SIZE

CARD

XIX • THE SELF HEALER

You may be attempting to find momentary relief from this hellish parade to the grave in what the Bible often refers to as “debauchery” or “sin” — basically, drinking, drugging, or otherwise indulging your vice(s) in order to forget your problems. While this may seem like it’s helping in the interim, it’s not a permanent solution by any stretch of the imagination and might actually exacerbate any emotional or psychological turmoil you’re experiencing. I am a doctor.

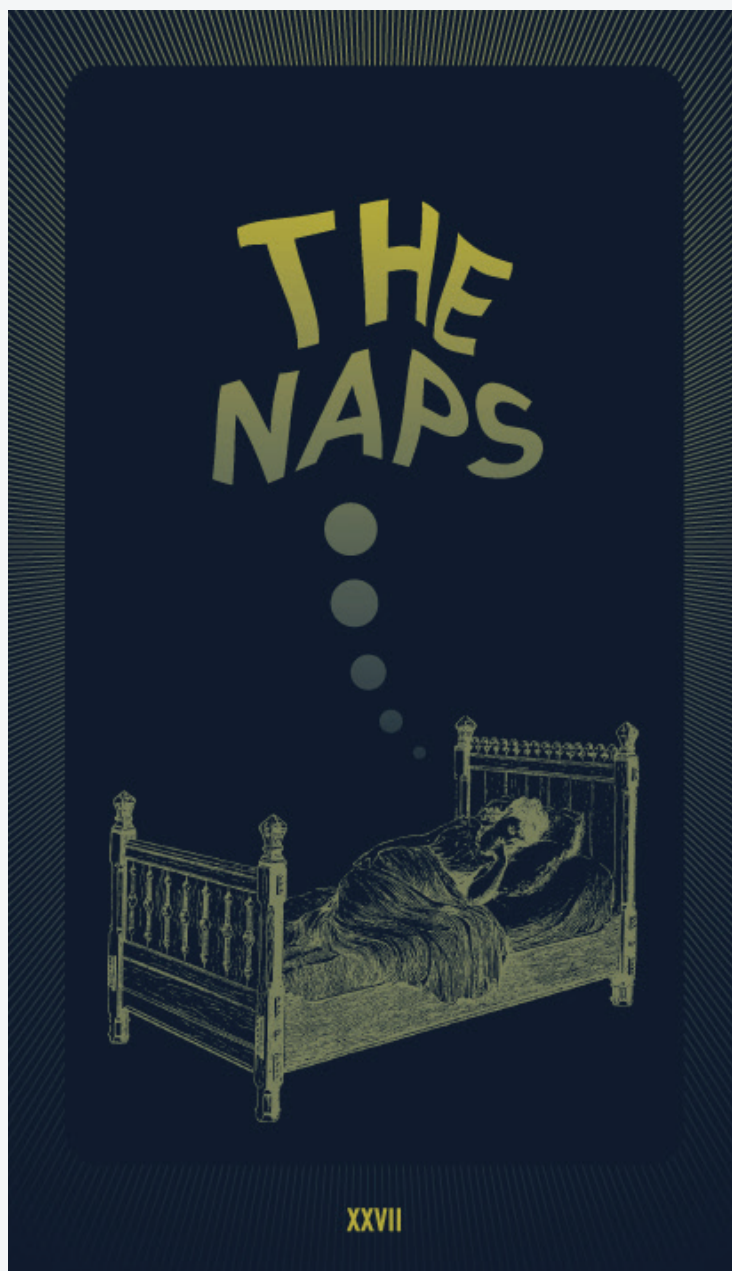
TL;DR

For legal reasons, I have to clarify that I am not a doctor.

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DESCRIPTION

EXAMPLES



CARD

XXVII • THE NAPS

You may be suffering from sleep deprivation due to insomnia, or just the very real exhaustion caused by existing as a person in the world. Sometimes anxiety can become physically too much to handle, leaving every muscle in your body sore from being in a constant state of tension, including — and sometimes especially — your brain muscle. Sleep is a time-honored solution to much more than just your constant need to eat or your desire to text your ex. Take a nap. Curl up in a comfy blanket and focus on your breathing. Daydream about Jeff Goldblum or whomsoever is hot right now. Just close your eyes and pretend your only fear is fear itself for a period of time ranging from 20 minutes to two hours.

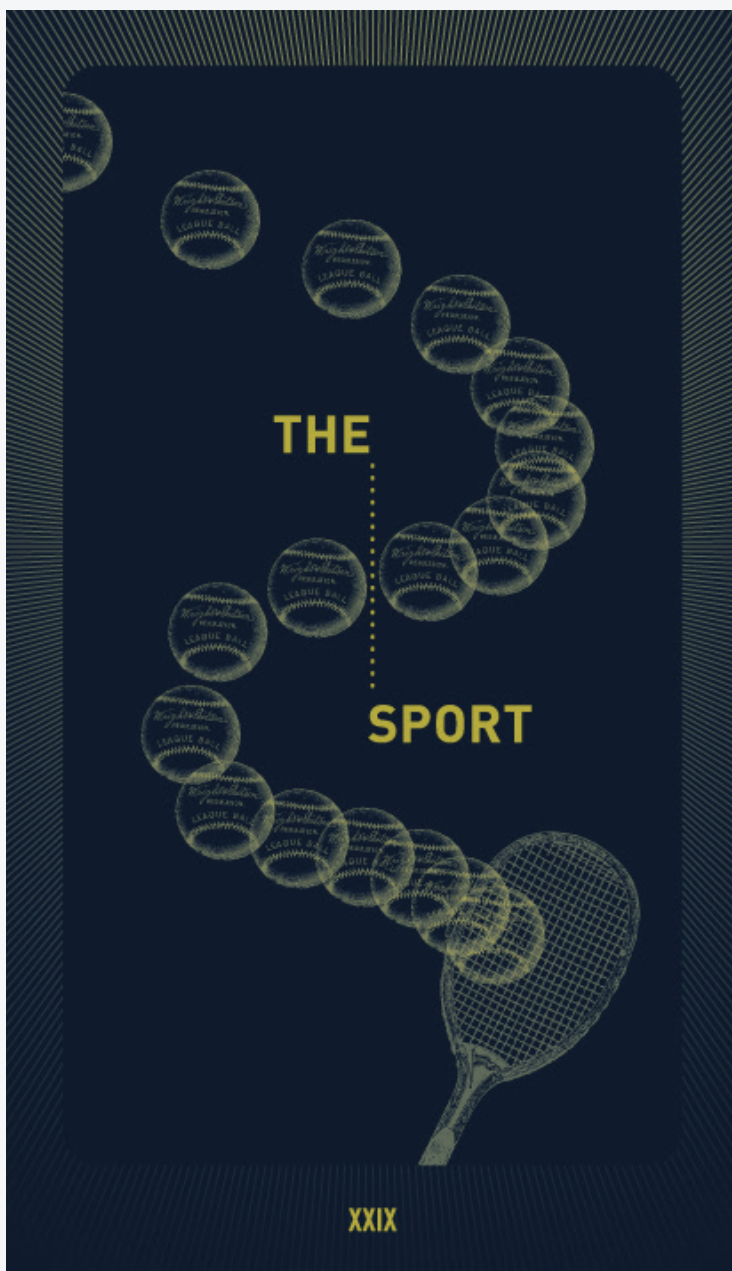
TL;DR

Where's the off switch on this thing!?

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DESCRIPTION

EXAMPLES



CARD

XXIX • THE SPORT

Ugh sports ugh. Do you think exercise is the devil's dance? What about exercise that's cheerfully crammed into a group setting, making you hyper-focus on your own physical abilities in comparison to everyone else in the group? The bad news is that exercise is good for more than just your body. Much move give brain good feel. It won't solve every problem, but it might help. Having teammates, or even just people you see at your gym or aquatic spinning class every week who would miss you if you were gone, can help you stay accountable and maintain healthy habits. So grab your sports balls, lace up your sneakums, and stretch out the parts of you that would make the best sandwich in a cannibalistic, post-apocalyptic hellscape. It's time to get moist.

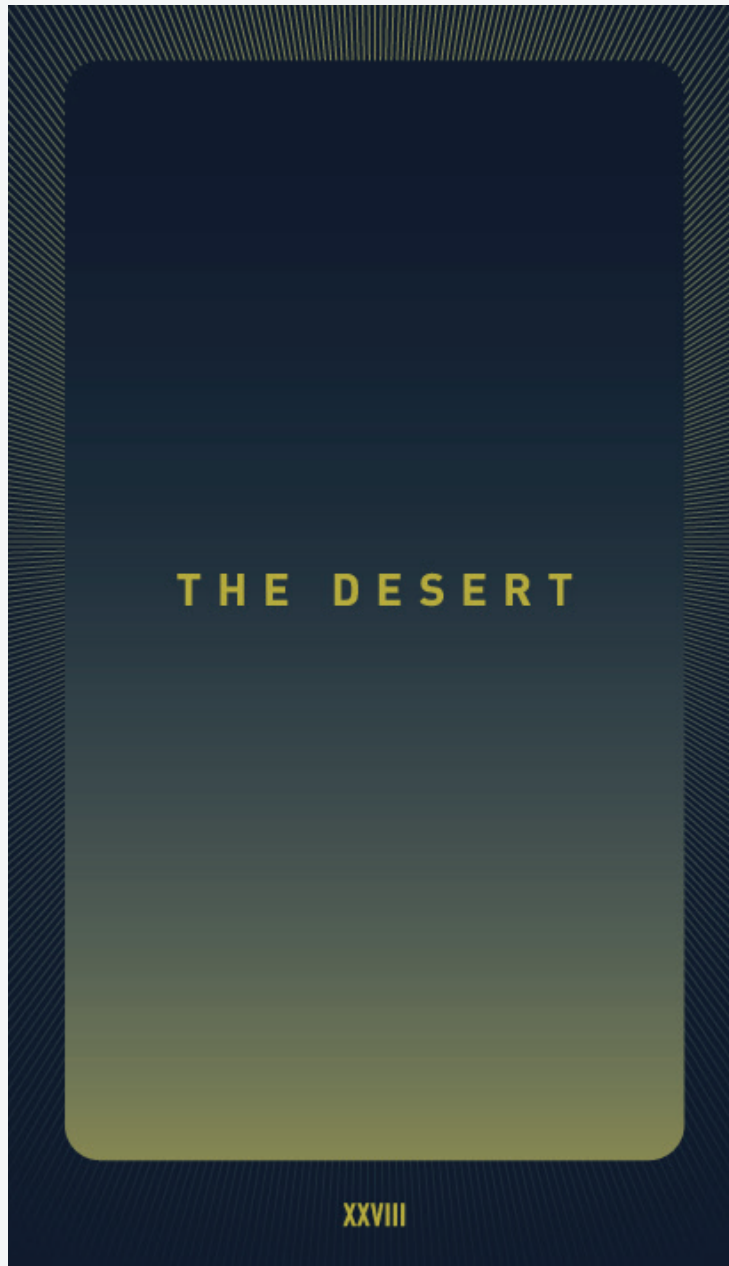
TL;DR

That got really weird at the end.

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DESCRIPTION

EXAMPLES



CARD

XXVIII • THE DESERT

The notion that someone close to you might one day leave you may be too much to bear. This might cause you to withdraw from relationships or refrain from developing them altogether as a way to avoid the seemingly inevitable feelings of heartbreak and abandonment they may bring. Whether shortened by choice, circumstance, or act of god, no relationship is permanent. People will come and go throughout your life — some will stay a long time and others will be temporary. Relationships are stupid and terrible that way, but they're also beautiful moments of learning and growth. When it comes to the final goodbye, death, there are no right answers. There's no way to fully prepare yourself for that profound loss. What you can do is cherish all the time you have with the people you love and let them know just how much you love them. Wow, this Hallmark card is especially long and kinda dark.

TL;DR

You worry that love go bye-bye.

DESCRIPTION

FOR RETAIL OPPORTUNITIES

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Thank you!