



COUNSELING & COACHING SERVICES

TRUTH. THERAPY. WHOLENESS.

# 3-MINUTE ANXIETY RESET™ TOOL



A simple tool to calm your body, slow your thoughts, and return to a place of safety and peace.

- 1



**PAUSE**  
Place one hand on your chest and one on your stomach.  
Say: *"My body is responding, but I am safe in this moment."*
- 2



**BREATHE**  
Inhale slowly for 4 seconds.  
Exhale slowly for 6 seconds.  
Repeat 3–5 times.
- 3



**NAME WHAT IS TRUE**  
Ask yourself:
  - What is actually happening right now?
  - What am I afraid might happen?
  - What truth can I stand on?
- 4



**ANCHOR IN SCRIPTURE**  
Say slowly:  
*"God has not given me the spirit of fear, but of power, love, and a sound mind."*  
– 2 TIMOTHY 1:7
- 5



**RETURN**  
Tell your body:  
*"I don't have to panic.  
I can settle. Peace belongs here."*




USE THIS ANYTIME YOUR BODY FEELS ACTIVATED. You're not broken—your system may just need help returning to safety.

*Kawannon Taylor,*  
**MS, LPC-S**

LICENSED PROFESSIONAL COUNSELOR – SUPERVISOR



*You are not alone.*  
Your body can learn peace again.

 YOU ARE SEEN. YOU ARE SAFE.  
YOU ARE MORE THAN ENOUGH.

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3-MINUTE ANXIETY RESET™ TOOL IS A SIGNATURE RESOURCE OF  
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