



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Gratitude Exercises for Anxiety

Here are **gratitude exercises specifically tailored for clients with anxiety** to help focus on the present moment, reframe worries, and foster a sense of calm and appreciation.

1. The 3-2-1 Gratitude Grounding Exercise

When feeling anxious, clients can use this simple technique to anchor themselves in the present:

- **3** things they can see that they are grateful for
- **2** things they can touch that bring them comfort
- **1** thing they appreciate about themselves

2. Gratitude & Worry Journaling

Have clients write down one worry and then list **three things they are grateful for** in response. This helps balance anxious thoughts with positive ones.

3. "What Went Well?" Reflection

At the end of each day, clients can reflect on **one thing that went well** and why. This shifts the focus from anxiety-driven "what-ifs" to real moments of success.

4. Gratitude Breathing

During deep breathing exercises, clients can mentally say "thank you" with each inhale and focus on something they appreciate with each exhale. This reinforces positive thinking while regulating their nervous system.

5. Safe Place Visualization

Guide clients to imagine a place where they feel safe and at peace. Encourage them to identify **things in this mental space they are grateful for**, reinforcing a sense of security.

6. Reframing Anxious Thoughts with Gratitude

When anxiety arises, clients can ask:

- "What is one small positive thing in this situation?"
- "Who has supported me, and how can I appreciate them?"
- "What strengths have I gained from facing my fears?"



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7. Gratitude Affirmations for Anxiety

Encourage clients to repeat affirmations such as:

- "I am grateful for my breath, which calms me."
- "I appreciate the support around me, even when I feel alone."
- "I am thankful for my resilience in challenging moments."