

Anxiety Reset: 60-Second Calm

1) Breathe (4-4-6) — ~60 seconds

Inhale through your nose for 4, hold for 4, exhale slowly through your mouth for 6. Repeat 6–8 cycles. Let your shoulders drop on each exhale.

2) Ground (Name 3-2-1)

Name 3 things you see, 2 things you feel on your skin, and 1 sound you hear. Move your ankles/wrists gently.

3) Release (Micro-relax)

Briefly tense then relax your jaw, shoulders, and hands. Let your tongue rest on the roof of your mouth.

4) Gentle self-talk / dua (optional)

Try: “I am safe in this moment.” or “Hasbiya Allah — God is sufficient for me.” Pick one line and repeat softly.

5) Tiny next step

Ask: What is the smallest helpful action I can take in the next 5 minutes? (e.g., sip water, open the window, send one text).