

# Calm your mind:

## A simple guide to managing anxiety

Anxiety can feel overwhelming, but small, intentional actions can help bring you back to the present moment. This worksheet includes 4 simple yet effective techniques to ground yourself, regulate your breathing and reflect on your thoughts.

Use this worksheet whenever you feel anxious or need a moment to reset. With practice, these tools can help you regain control and find a sense of calm.

If you're ready for deeper support in unlocking your full potential, I'd love to help - get in touch to start your journey.

*with love*  
*Jessica*



# Grounding Exercise

Use this technique when you're feeling overwhelmed to bring yourself back to the present moment.

**Look around you and write down:**



5 things you can see

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4 things you can touch

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3 things you can hear

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2 things you can smell

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1 thing you can taste

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## Breathing Exercise

Deep breathing helps calm your nervous system and reduce physical symptoms of anxiety.

### Instructions:

Inhale deeply through your nose for 4 counts.

Hold your breath for 4 counts.

Exhale slowly through your mouth for 6 counts.

Repeat this cycle 5 times and reflect:

How do you feel now compared to before?



# Journaling Prompt

Writing down your thoughts can help untangle anxiety and clarify your emotions.

## Prompt:

“What’s one thing that’s making me anxious today?”

“What’s one small step I can take to feel more in control?”

“What positive outcome might happen if I face this challenge?”



## Daily Affirmation

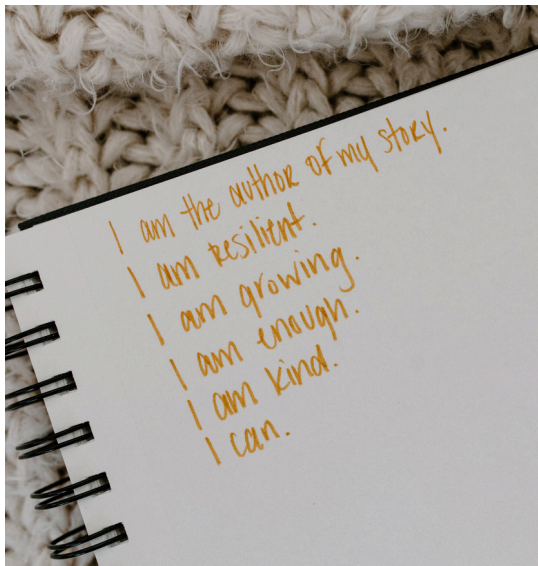
End this exercise with a calming affirmation to remind yourself of your strength.

Examples:

“I am safe and in control.”

“I have the tools I need to handle this moment.”

“I am stronger than my fears.”



Your affirmation:

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## Takeaway Action

Circle one technique above that you'll commit to practicing regularly:

Grounding Exercise | Breathing Exercise | Journaling

Bonus: Write down when you'll practice this (e.g., mornings, during stressful moments, or before bed).



*Ready to take the next step?*

[Book a free  
consultation call here](#)

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