

Working With Anxiety

The 2 Minute Reset (Try Practicing 1-2 times daily)

This is a short practice to begin training safety back into your system:

Step 1 – Release (10 seconds)

- Drop your shoulders.
- Unclench your jaw.
- Let your hands soften.

Step 2 – Long Exhale Breathing (60 seconds)

- Inhale gently through your nose.
- Exhale longer than you inhale.
- Try: Inhale 4... Exhale 6 (repeat 6 times)

Step 3 – Ground in 3 Facts (20 seconds)

Say to yourself:

1. “I’m in _____.”
2. “It’s _____ (day/time).”
3. “Right now, I am safe enough.”

Step 4 – One Small Next Step (30 seconds)

Choose one:

- drink water
- step outside
- stretch your neck/shoulders
- text someone supportive
- take a short walk
- return to what you were doing slowly

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What To Do During a Panic Surge

Panic is uncomfortable – but it peaks and passes.

Try this:

Name it

- “This is panic.”
- “This is my nervous system mobilizing.”

Allow it (don’t wrestle it)

- “I can make room for this feeling.”
- “I don’t have to fix it right now.”

Breathe low and slow

- One long exhale at a time
- Let your body do what it needs to do

Stay present

Look around and name:

- 5 things you see
- 4 things you feel
- 3 things you hear

Choose the next right action

Even small actions teach your brain: I can do hard things while anxious.

When anxiety is loud, ask: *“What would I do in the next 10 minutes if anxiety wasn’t in charge?”*

Then take one tiny step in that direction.

I’ve also made a short guided video of an exercise called [“Dropping Anchor”](#) that you can try-- you can also search this exercise on YouTube for other examples. It can be a helpful tool for working with anxiety and can be used with trauma-related anxiety as well.