

A gentle reset for anxious days

Five small practices to help you quiet the spiral, settle your body and come back to yourself.

FREE MINI GUIDE | THE ANXIETY RESET



You are not broken.

Anxiety is your nervous system trying to protect you. Sometimes it responds to a real problem; sometimes it reacts to a possibility, a memory or a long list of things that might go wrong. Either way, it can feel exhausting.

This mini guide is a small toolkit for the moments when your thoughts are racing, your body feels tense or everything feels too much. Choose one practice and start there. You do not need to do all five.

Calm is not something you earn. It is something you can gently return to.

A note about support

These practices are for general wellbeing and are not a substitute for medical or mental health advice. If anxiety is persistent, worsening or interfering with daily life, speak with your GP or a qualified mental health professional.

Start with the body

When anxiety is high, trying to think your way out of it can make the loop louder. Begin with your body. Try this short sequence slowly, without forcing anything.

1. Lengthen the exhale

Breathe in gently for 4. Breathe out slowly for 6. Repeat for 5 rounds.

2. Notice five things

Name five things you can see, four you can feel, three you can hear, two you can smell and one you can taste.

3. Unclench

Drop your shoulders. Uncross your jaw. Let your hands soften. Press both feet into the floor, then release.

4. Move for two minutes

Walk around the room, stretch your arms or shake out your hands. Give some of the anxious energy somewhere to go.

5. Choose one next step

Ask: "What is the kindest useful thing I can do in the next ten minutes?" Make it small.

Your personal reset plan

Pick one reset for each situation. Write your choices down so you do not have to decide while overwhelmed.

When I notice...	I will try...
My thoughts are racing	_____
My body feels tense or panicky	_____
I am stuck in a worry loop	_____
I feel overwhelmed by everything	_____
I cannot settle at bedtime	_____

A simple seven-day experiment

Practise your chosen reset once a day when you are relatively calm. This helps it feel familiar when anxiety rises. At the end of each day, complete this sentence:

Today I noticed anxiety when _____. I tried _____.
Afterwards, I felt _____.

Your quick reset card

When anxiety rises, pause and ask: What is happening in my body? What do I need right now - soothing, movement, space or support? What is one small thing I can do next?

Breathe	In for 4, out for 6.
Ground	Name five things you can see.
Soften	Relax your jaw, shoulders and hands.
Move	Walk or stretch for two minutes.
Reach out	Tell someone you need a little support.

You do not have to solve everything today. One small reset is enough for now.

For the complete Anxiety Reset ebook, with 12 calm habits and a guided personal reset plan, visit [The Calm Habit Co.](#)