

When Anxiety Spikes

Three quick ways to steady your body and come back to the present. Print this and keep it somewhere you can reach in a hard moment.

1 · BOX BREATHING

Trace the square slowly with your finger as you breathe. Repeat 4 times.

Breathe in 4s	Hold 4s	Breathe out 4s	Hold 4s
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2 · 5-4-3-2-1 GROUNDING

Name each one, out loud or in your head. This pulls your mind out of the spiral and back into the room.

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste

3 · ANCHOR YOUR BODY

- ✓ Press both feet flat into the floor and feel the ground hold you.
- ✓ Name it: "This is anxiety. It is uncomfortable, not dangerous."
- ✓ Cool your system — cold water on your wrists, or a few slow sips.
- ✓ Drop your shoulders and unclench your jaw on the next exhale.

"Anxiety lies about urgency. You are safe enough, right now, to take one slow breath."