



Read This When... You're Spiraling with Anxiety

Your 5-Minute Emergency Reset for Your Brain

It's okay to feel anxious. This is your three-part plan to interrupt the spiral and come back to calm.

Anxiety isn't weakness—it's your brain's alarm system stuck in overdrive. When your thoughts start racing, your body follows. This isn't about "thinking positive" or fixing everything. It's about grounding yourself in the present moment—right now.

Rx Part 1:

The 60-Second Grounding Shift

Goal:

Anchor your body in the present.

Action:

Use the 5-4-3-2-1 method:

- Name 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
- Repeat until your breath slows.



Rx Part 2:

The Thought Release

Goal:

Get anxious thoughts out of your head.

Action:

Grab a notepad or open your phone's notes app. Write the thought that's looping in your mind. Then ask yourself: Is this something I can control right now?

If yes—circle it. If no—draw a line through it and let it go.



Rx Part 3:

The Micro-Moment of Calm

Goal:

Shift from panic to peace with one small act.

Action:

Do one sensory reset:

- Sip cold water
- Step outside for fresh air
- Run your hands under warm water
- Stretch your arms overhead and exhale slowly



Your Wellness Rx Takeaway: You are not your anxious thoughts. You are the calm underneath them. Focus on what's real, right here, right now.