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## Anxiety Toolkit

This anxiety toolkit contains a few exercises that can be used at any time to manage anxious thoughts and emotions. Play around with them and see what you like best. Then use your favorite tools as much as you want.

### **Deep Breathing**

Taking deep breaths helps to reset the brain quickly. Here are a few deep breathing exercises to choose from:

\*Breathe in for 7 counts, hold for 4 counts, exhale for 8 counts with lips pursed as if you are breathing through a straw. Repeat 5 to 10 times.

\*Breathe in for 5 counts, hold for 5 counts, exhale for 5 counts, hold for 5 counts. Repeat 5 to 10 times.

### **Present Moment**

\*Sit, eyes closed or vision relaxed, and focus on the present moment. Feel the air move across your skin. Listen to the sounds around you. Feel your feet on the floor.

\*Repeat "Be Here Now." That's all you need to do, be right here.

\*Repeat as often as you need to, whenever you notice that your brain is running away with thoughts and stories.

### **Grounding**

\*Take a couple of deep breaths.

\*Look around

\*Name five things that you see

\*Name four sounds you hear

\*Name three things that you can touch

\*Name two things that you smell

\*Name one thing you like to taste



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## **Body Scan**

This is an excellent way to tune in to what your body is telling you. Here are a couple of short Body Scan videos to help. After practicing for a time, you'll be able to do a simple Body Scan by yourself wherever you happen to be.

\*3-Minute Body Scan - [https://www.youtube.com/watch?v=41ytj\\_bh\\_1l](https://www.youtube.com/watch?v=41ytj_bh_1l)

\*5-Minute Body Scan - <https://www.youtube.com/watch?v=HsmSEZmUT8o>

## **Ask**

Sit in a quiet and private place. Take a couple of deep breaths. Feel your feet on the ground and your seat in the chair.

Notice where you feel the anxiety in your body. What are the sensations? Where are they gathering?

Put your hands on your body where you feel these sensations.

With curiosity and compassion, ask them, "What are you feeling anxious about?"

Wait.

You might have to wait a long time.

Listen to what comes up.

Sit with it.

Remind yourself that you are safe. Say this out loud: "I am safe."

Thank your body for trusting you with the answers it gave.