the calm toolbox

STRATEGIES FOR EASING ANXIETY

MIND THOUGHT DOWNLOAD

PURPOSE: To help reframe anxious thoughts and develop healthier thinking patterns.

- Set a timer for 5 minutes and grab a piece of paper or use the digital download.
- Write down everything on your mind without editing or overthinking—just let your thoughts flow.
- When the timer ends, stop writing and review what you've written.
- Are any thoughts untrue? Which ones cause the most anxiety? Look for facts—there may not be any.
- Pick one anxious thought and rewrite it in a way that feels less stressful. Write the new version on a sticky note to revisit throughout the day.
- Use this exercise daily or whenever anxiety strikes.

THOUGHT DOWNLOAD WORKSHEET RESOURCE

BODY BREATHWORK EXERCISE

PURPOSE: To activate the parasympathetic nervous system and calm the body.

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale for 8 seconds
- Repeat a minimum of three times.

Breathwork is effective because it directly activates the vagus nerve, which is part of the parasympathetic nervous system—the body's "rest and digest" system. This activation lowers heart rate, reduces cortisol levels, and shifts the body out of the "fight or flight" state triggered by anxiety. Studies show that deep, controlled breathing can significantly reduce symptoms of anxiety in as little as a few minutes.

4-7-8 BREATHING TECHNIQUE RESOURCE

SOUL GUIDED MEDITATION FOR GROUNDING

PURPOSE:
To help reconnect with the present moment and feel grounded.

Use this 11 minute guided meditation to reconnect to the present moment and feel grounded.

ROOTED: A GROUNDING MEDITATION RESOURCE

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STRATEGIES FOR EASING ANXIETY

MIND
BODY

TAPPING MEDITATION

PURPOSE: To relieve physical stress linked to anxiety.

Emotional Freedom Technique (EFT), or tapping, is a mind-body practice that combines gentle tapping on specific acupressure points with focused acknowledgment of emotional distress. By tapping on these points while addressing negative emotions, EFT helps calm the amygdala, the brain's fear center, and reduces the body's stress response. This process can rewire emotional responses, making it an effective tool for easing anxiety, releasing emotional blocks, and promoting a sense of calm.

RESOURCE
INSIGHT TIMER APP

RESOURCE
INSIGHT MEDITATION

SOUL
BODY

NATURE THERAPY

PURPOSE: To promote relaxation & reduce stress through connection with nature.

Forest Bathing (Shinrin-Yoku) is a Japanese practice that involves immersing oneself in a forest environment to engage the senses and cultivate mindfulness. Unlike hiking or exercising, forest bathing focuses on *being* rather than *doing*—walking slowly, observing nature, breathing deeply, and absorbing the sights, sounds, and smells of the forest.

Research shows that Shinrin-Yoku reduces cortisol levels, lowers blood pressure, and enhances mood by promoting relaxation and reducing the stress response. It reconnects participants with nature, fostering a sense of peace, clarity, and overall well-being.

FOREST BATHING BOOK
RESOURCE

MIND

THE ANTI-ANXIETY WAY TO START YOUR DAY

- Write down everything on your to-do list.
- Assign a time limit to each task.
- Review and cross off or delegate any non-essential tasks.
- Prioritize the most important or urgent items and schedule them in your planner.
- If tasks don't fit, move them to another day or decide to let them go.
- **Takeaway:** Gratitude is the antidote to anxiety.

PURPOSE:
To allow the mind to let go of the swirling thoughts and use the prefrontal cortex to plan with intention.

HOUR BY HOUR DAY PLANNER HANDOUT
RESOURCE