



Breathing, Grounding & Relaxation



These strategies can help you settle your body, reconnect with the present moment and create a little more space when anxiety feels intense.

SLOW, GENTLE BREATHING

Try slowing your breathing without forcing a very deep breath. Let the out-breath be gentle and unhurried.

- Find a comfortable position.
- Breathe in gently through your nose.
- Let the breath out slowly.
- Repeat for a few minutes and notice what your body does.

5-4-3-2-1 GROUNDING

Use your senses to bring your attention back to what is happening around you right now.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste or appreciate

RELEASE SOME TENSION

Anxiety can bring muscle tension. Try gently noticing and releasing areas that feel tight.

- Drop your shoulders.
- Unclench your jaw and hands.
- Press your feet into the floor, then soften.
- Stretch or move slowly if that feels helpful.

A useful reminder

The goal is not to force anxiety to disappear. These tools can help you support your body while the feeling passes or while you choose what to do next.



My Calming Toolkit



Different strategies work for different people and situations. Use this page to work out what is most useful for you.

WHAT DOES ANXIETY FEEL LIKE IN MY BODY?

Where do you notice it first? What sensations tell you your anxiety is building?

WHICH STRATEGIES HELP ME FEEL MORE GROUNDED?

Write down breathing, grounding, movement, sensory or relaxation strategies that work for you.

WHAT MAKES THINGS HARDER?

Are there things you notice increase your anxiety or make it harder to settle?

WHAT COULD I TRY NEXT TIME?

Choose one or two strategies you would be willing to experiment with.

Using this with your psychologist

You can use this page to identify which strategies fit you best, when to use them, and how they can support rather than become another way of avoiding anxiety.