

Anxiety Reset Ideas

Try the 3-3-3 Reset-

Take a few slow, long, and calming deep breaths, then slowly focus your thoughts to:

When you feel overwhelmed, follow these three steps:

- See (3 things): Look around your environment and identify three objects. You can describe them in your mind or out loud.
- Hear (3 things): Close your eyes or soften your gaze and listen closely for three distinct sounds around you.
- Move (3 things): Move three parts of your body.

The goal is to calm your nervous system and shift your focus away from your anxious thoughts. Sometimes it takes some time to figure out what works for your current situation. Remember to be kind to yourself and BREATHE.

Try the 5-4-3-2-1 Reset

Take a few slow, long, and calming deep breaths, then slowly focus your thoughts to:

- 5 - See: Acknowledge five things you can see around you (e.g., art on the wall, a crack in the ceiling, or a car passing by).
- 4 - Touch: Acknowledge four things you can physically feel (e.g., the texture of your shirt or the floor beneath your feet).
- 3 - Hear: Acknowledge three things you can hear (e.g., the hum of an air conditioner or a clock ticking).
- 2 - Smell: Acknowledge two things you can smell (e.g., freshly brewed coffee or a scented candle).
- 1 - Taste: Acknowledge one thing you can taste (e.g., a piece of candy or a sip of water).

Anxiety Checklist

Dates: _____ to _____

[illegible]