

Feeling anxious from time to time is part of being human, but persistent **anxiety** isn't something you have to live with. Simple, science-backed skills can help. Use these go-to techniques whenever anxiety starts to build. Practice them regularly, and watch your resilience grow.



Box Breathing

Why: Calms both mind and body in just a few minutes.

1. Inhale for 4 counts
2. Hold for 4 counts
3. Exhale for 4 counts
4. Hold for 4 counts
5. Repeat for 4 rounds



[Box Breathing Technique](#)



5-4-3-2-1 Grounding

Why: Gets you out of your head and back into your senses.

1. Identify 5 things you can see around you.
2. Identify 4 things you can touch.
3. Notice 3 things you can hear.
4. Notice 2 things you can smell.
5. Notice 1 thing you can taste.



[5 Senses Grounding Meditation](#)



Guided Self-Talk

Why: Interrupts racing thoughts.

1. Pause and notice anxious thoughts.
2. Silently say: "This is anxiety. It will pass. It has before and it will again."
3. Repeat calming phrases like: "I am here with this moment. I can ask myself what I really need. I can breathe and notice that in this moment I am safe."



[A Message To Anxiety](#)



Mini Mindful Meditation

Why: Brings present-moment calm in a few minutes.

1. Sit comfortably and close your eyes.
2. Focus on your natural breath.
3. When your mind wanders, gently bring attention back to the breath.
4. Continue this for 1–2 minutes.



[Two-Minute Mindful Release](#)



Progressive Muscle Relaxation

Why: Calms your nervous system by loosening tension.

1. Tense a muscle group (e.g., shoulders) for 5 seconds.
2. Release the tension and notice the relaxation.
3. Repeat for other muscle groups from head to toe.



[Progressive Muscle Relaxation](#)



Movement Reset

Why: Shakes off stuck energy.

1. Stand up and stretch your arms overhead.
2. Shake out your arms and legs gently.
3. Take 10 slow mindful steps, focusing on the sensation of walking.



[Mindful Movement](#)



Anxiety Journaling

Why: Gets anxious thoughts out of your cycle.

1. Set a timer for 2 minutes.
2. Write down whatever worries come to mind without censoring.
3. End by listing one thing you are grateful for right now.



[How To Journal For Improved Mental Health](#)



Sensory SOS

Why: Activates your calming reflex.

1. Hold a cold object such as ice or a cold water bottle.
2. Splash cool water on your face.
3. Use a calming scent, like lavender or peppermint.



[Mindful Sensory Awareness](#)