

# *The Anxiety Reset*



*A Practical Guide to  
Dissolving Anxiety for a  
Clear, Calm, Confident  
Mind*

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# 01 Welcome / Introduction

## ***Hello and Welcome to The Anxiety Reset!***

If you've picked up this eBook, chances are you're tired of feeling overwhelmed, stuck in anxious thoughts, or battling a constant sense of unease.

Maybe you've tried everything—deep breaths, positive thinking, distraction—but nothing seems to work for long.

You might have tried telling yourself to just relax, but let's be honest, if that actually worked, none of us would ever feel anxious again!

Here's the truth: Anxiety isn't something you "just have to live with."

It's not a flaw, and it's certainly not who you are. Anxiety is a learned response—a programme running in your subconscious mind.

And just like any outdated programme, it can be rewritten.

That's exactly what this eBook is designed to help you do.

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## ***WHAT TO EXPECT IN THIS EBOOK***

This is not just another guide full of generic advice. In the following pages, we will:

- ✓ Uncover the real reason anxiety keeps showing up in your life – beyond just stress or worry.
- ✓ Explain how your subconscious mind creates anxiety loops and why willpower alone won't fix it.
- ✓ Teach you powerful, science-backed techniques to interrupt anxious patterns and rewire your mind for calm.
- ✓ Provide practical exercises that help you take back control starting today.



## HOW TO GET THE MOST OUT OF THIS EBOOK

- ✓ Read with an open mind – Your subconscious mind works differently from your conscious thoughts.
- ✓ Some of these techniques may feel new, but trust the process.
- ✓ Take action – Insight alone isn't enough. Each module includes simple exercises to reprogram your subconscious for lasting change.
- ✓ Be patient with yourself – Anxiety wasn't created overnight, and it won't disappear instantly. But with consistent practice, you can retrain your mind to respond differently.

I have seen women break free from anxiety and step into confidence, calm, and control.

My goal is to help you do the same. This eBook is your first step towards that transformation.

# About

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Hello, I'm Angela.

I will be your guide through this journey of calm, clarity, and cutting through the noise of an overactive mind.

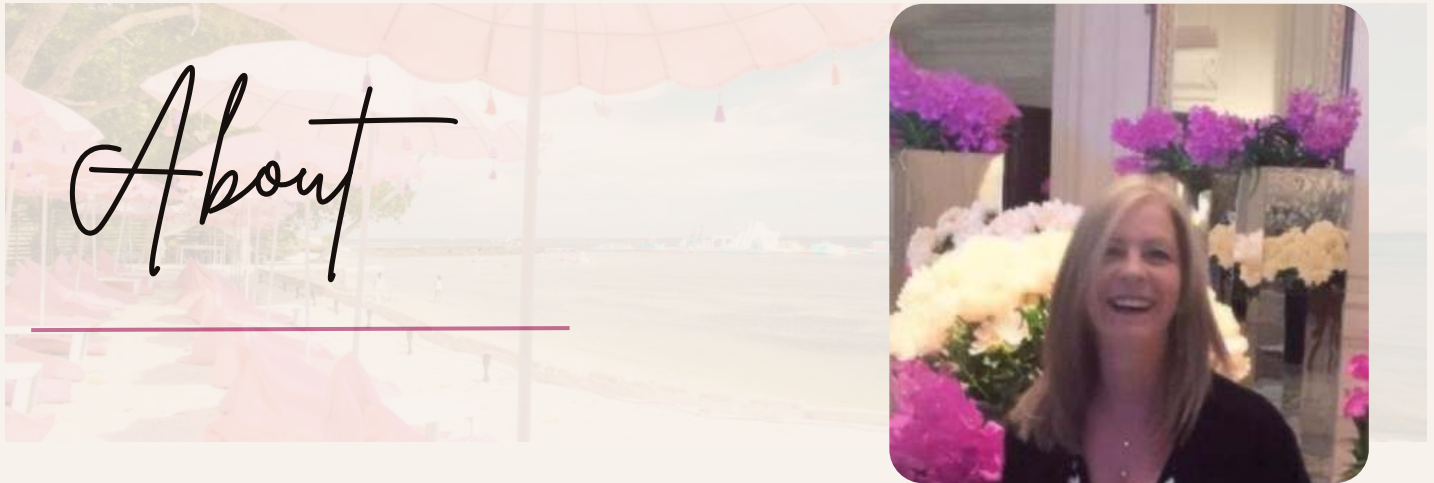
If you're wondering why I'm so passionate about helping women reset anxiety and regain control...

Well... let's just say I didn't always have it together myself.

I've had my fair share of life's unexpected twists—loss, major transitions, and those moments where you find yourself staring at the ceiling at 3 a.m., wondering how on earth you got here.

Through my own experiences, I learned that true change doesn't happen at the surface level—it happens in the subconscious mind.

That was a real 'AHA' moment for me!



## *Why I Do This Work*

I know how it feels to be stuck in a cycle of anxiety, to wake up with that sinking feeling in your stomach, and to second-guess yourself at every turn.

But I also know what it feels like to step into confidence, feel at peace, and trust yourself fully again, without irrational anxiety taking over. And that's exactly what I help other women do.

I don't believe in just talking about change—I believe in creating deep, lasting transformation.

That's why my approach isn't just about coping with anxiety; it's about rewiring your mind at its core, so you can finally feel like the calm, in-control version of yourself that's been there all along.

My favourite part of my work? Seeing women have their “aha!” moment—that moment where they feel the shift happening and realise they're not stuck.

***Now, let's dive in—because it's time to reset your mind and reclaim your peace.***

# 02

## Understanding Anxiety

### *Anxiety Isn't Who You Are – It's a Learned Response*

Let's get one thing straight—you are not an “anxious person.” Anxiety is not a personality trait; it's a pattern your mind has learned over time.

Think of it like a radio station you've been tuned into for so long, you forgot you can change the channel.

#### **The truth about anxiety:**

- It's your brain's way of keeping you safe, not punishing you.
- Your mind is working for you—but sometimes, it gets it wrong (like a sat nav that keeps rerouting you to a dead-end).
- Because anxiety is learned, it can be unlearned.

#### **Exercise:** Spot Your Anxiety Patterns

Grab a notebook or your phone and jot down:

- When do you feel anxious the most?
- What physical sensations do you notice?
- What does your inner voice say?

***Understanding your patterns is the first step to changing them.***



## ***The Science of Anxiety – How Your Brain Creates Fear Loops***

Ever wonder why your body reacts before you've even had time to think? That's because anxiety is wired into your nervous system.

### **The Science Bit** (Without the Jargon)

- The Amygdala (your brain's security guard) is in charge of scanning for danger.
- The Fight, Flight, or Freeze Response kicks in whether the threat is real or imagined.
- Your body releases adrenaline and cortisol, increasing your heart rate, breathing, and tension.

### **Why It Feels Like a Never-Ending Loop**

1. You feel anxious.
2. Your brain perceives a threat.
3. Your body reacts (heart races, muscles tense).
4. You avoid the situation (which reinforces anxiety).

### **Exercise:** Identify Your Triggers

- Write down the last 3 times you felt anxious.
- What was happening? What thoughts ran through your mind?
- See if you notice a common theme (e.g., social situations, uncertainty, work stress).



## ***Why Logic Alone Doesn't Work (and What Does)***

If you've ever been told to just think positively, you probably wanted to roll your eyes. That's because anxiety isn't logical—it's in the subconscious (which doesn't do logic)

### **🧠 Why Willpower Fails:**

- The subconscious mind controls 95% of your thoughts, feelings, and behaviours.
- Anxiety is stored in deep neural pathways, so simply “deciding” to feel calm won't cut it.
- It's a bit like a car - your conscious mind is like the driver, but your subconscious is the car's engine—you need to reprogramme the engine, not just press the accelerator harder.

### **✅ What Actually Works:**

- Rewiring subconscious patterns
- Changing emotional responses rather than just thoughts.
- Building new automatic responses to anxious triggers.

### **📌 Exercise: Notice Your Default Reactions**

- Over the next 24 hours, every time you feel anxious, write down:
  - What triggered it?
  - What did you do in response?
  - What would you rather do next time?



## *Anxiety is a bit like...*

A fire alarm in your home. Its job is to keep you safe by warning you when there's danger.

Now, imagine this alarm has become a bit too sensitive. Instead of going off only when there's an actual fire, it starts blaring every time you burn toast, light a candle, or boil the kettle too long.

That's what anxiety is—a safety system that's overreacting.

Your brain is constantly sounding the alarm, even when there's no real danger.

But here's the good news: just like you can reset a fire alarm, you can reset your brain's response to anxiety.

### **Quick Reflection:**

- What “false alarms” does your anxiety set off most often?
- If you could turn the volume down on your anxiety, how would that change things for you?

# 03

## Rewiring Your Subconscious

### *Your Brain is Like a GPS – Time to Update the Route!*

Imagine you're using an old GPS that keeps directing you to the wrong place.

Every time you try to take a new route, it stubbornly recalculates and sends you back to the same stressful destination.

Anxiety works the same way—your subconscious has been programmed to react in a certain way based on past experiences. But the good news? You can update the route.

#### **Quick Reflection:**

- If your anxiety had a “default route,” where would it always lead you? (Avoidance? Overthinking? Panic?)
- What's a better destination you'd like to reach? (Calm? Confidence? Feeling in control?)



## *How Anxiety Becomes a Habit (And How to Change It)*

Anxiety runs on autopilot because:

- Your brain repeats what feels familiar (even if it's unhelpful).
- Every time you react with fear, you strengthen the anxiety response.
- To change it, you must interrupt the pattern and teach your brain a new way to respond.

### **The Pattern Breaker Formula:**

1. **Catch It** – Notice the first signs of anxiety (thoughts, body sensations)
2. **Pause It** – Do something unexpected (stand up, change posture, splash cold water on your face)
3. **Reframe It** – Instead of “This is panic,” say “This is my body alerting me, and I can handle it.”

### **📌 Try This:**

- Next time anxiety creeps in, interrupt the loop—stand up, stretch, or take a deep breath.
- Notice how it shifts your focus away from autopilot reactions.



## ***Reprogramming the Subconscious for CALM***

**Remember:** Your subconscious doesn't respond to logic—it responds to repetition, emotion, and imagery.

- ✔ Use Visualisation – Picture yourself handling a situation with confidence instead of fear.
  
- ✔ Self-Talk Matters – Replace “I can't cope” with “I am learning to handle this.”
  
- ✔ Use Physical Cues – Tap your fingers or squeeze your thumb as a signal to calm down.

### **✦ Mini Exercise:**

Each morning, take 30 seconds to picture yourself feeling calm and in control before starting your day.



## *Daily Habits to Reinforce Calm*

Like muscle memory, your brain learns through practice. The more you reinforce calm responses, the weaker anxiety's grip becomes.

- ✓ Morning Reset – Start your day with a deep breath and set a clear intention for the day
  
- ✓ Move Your Body – A quick stretch or walk can help to reset your nervous system.
  
- ✓ Evening Wind-Down – Before bed, reflect: “What’s one moment today where I handled things well?”

### **✦ Your Reset Action:**

Choose one small habit to repeat daily that reinforces a calm, confident state.

# 04 *The Subconscious Reset Formula*

## ***Practical Techniques to Dissolve Anxiety in Real Time***

Now that you understand how anxiety works and how to rewire your subconscious, it's time for real-world strategies to stop anxiety in its tracks. These are simple, effective techniques you can use anytime, anywhere.

### **Anxiety is Like a Spinning Coin – Here's How to Stop It!**

Imagine anxiety as a coin spinning on a table. The more energy (stress, overthinking) you give it, the longer it spins. Your job? Slow it down until it settles.

The following techniques are designed to interrupt the spin and bring you back to calm.

#### **✦ Quick Reflection:**

- When anxiety hits, what's your usual response? (e.g., avoiding, overthinking, panicking)
- What would happen if you could "slow the spin" instead of fuelling it?



## **Technique 1:**

### **5-4-3-2-1 Grounding Method (For Instant Calm)**

When anxiety pulls you into your head, bring yourself back to the present moment with this simple grounding technique:

- 👁️ 5 things you can see
- 👂 4 things you can hear
- 👐 3 things you can touch
- 👃 2 things you can smell
- 👅 1 thing you can taste

Why it works: It shifts your focus away from anxious thoughts and reconnects you with reality.

### **📌 Try This:**

Next time you feel overwhelmed, run through 5-4-3-2-1 and notice the shift in your body.



## **Technique 2:**

### **The "Name It to Tame It" Trick (For Overwhelming Thoughts)**

When anxious thoughts start racing, give them a name:

- Instead of “I’m panicking!” say “Ah, that’s just my ‘worst-case scenario’ voice kicking in.”
- Instead of “I can’t do this,” say “That’s just old programming—I’m in charge now.”

Why it works: It creates distance between you and the emotion, helping you respond instead of react.

#### **📌 Try This:**

- Name your anxiety next time it shows up. Is it ‘Doubtful Debbie’? ‘Overthinking Olivia’?



### **Technique 3:**

#### **The Power Pose (For Confidence & Calm)**

Your body shapes how your mind feels. When you **feel** anxious, your posture shrinks (shoulders forward, head down).

Change your body, and your mind will follow.

- ✓ Stand tall, shoulders back, feet firm on the ground.
- ✓ Take a slow, deep breath and hold for 4 seconds.
- ✓ Exhale slowly and say, “I am safe. I am in control.”

Why it works: Research shows that changing posture can lower stress hormones and boost confidence in just 2 minutes.

#### **✚ Try This:**

Before a stressful situation, stand tall, breathe, and claim your space.



## **Technique 4:**

### **The 90-Second Rule (For Riding the Wave of Anxiety)**

Anxiety peaks in intensity for 90 seconds—then your body starts calming down. The trick is to ride it out instead of reacting to it (as long as you don't keep feeding it fearful thoughts)

#### **What to do when anxiety hits:**

1. Pause. Remind yourself: “This is just a wave - I don't have to fight it.”
2. Breathe. Slowly inhale for 4, hold for 4, exhale for 6.
3. Redirect. Focus on what's around you instead of your thoughts.

Why it works: Instead of feeding the anxiety with fear, you let it pass naturally.

#### **📌 Try This:**

Next time anxiety rises, check the time and remind yourself it will pass in 90 seconds.



## **Technique 5:**

### **The “So What?” Method (For Overcoming Worst-Case Thinking)**

Anxiety loves to create worst-case scenarios: “What if I mess up?” “What if they judge me?” “What if everything goes wrong?” Instead of spiralling, challenge anxiety with two simple words: “So what?”

#### **Example:**

- ✗ “What if I say something awkward in a meeting?”
- ✔ “So what? People forget things quickly. It’s not a big deal.”
- ✗ “What if I feel anxious in public?”
- ✔ “So what? It will pass. I’ve handled it before.”

🧠 Why it works: It shifts you from catastrophic thinking to a rational, grounded perspective.

#### **📌 Try This:**

Next time an anxious thought pops up, say “So what?” and watch how it instantly takes the fear out of the situation.



05

Daily Practices

## ***Daily Practices to Maintain Calm & Control***

You wouldn't expect to build muscle by going to the gym once, and the same applies to rewiring your mind for calm.

The key to lasting change is small, consistent daily actions.

### **1. The Power of Consistency – Tiny Actions, Big Results**

- Your brain loves patterns—what you repeat, you reinforce.
- Even 5 minutes a day of anxiety-resetting habits can change how your brain reacts over time.

#### **♦ Try This:**

Choose one small daily habit to focus on this week (e.g., 30 seconds of deep breathing, a 5-minute morning reset).



## 2. Your Daily Anxiety Reset Routine

### ✓ Morning – Set the Tone

- Start with one deep breath and say: “I choose calm today.”
- Visualise yourself handling the day with confidence.

### ✓ During the Day – Break the Stress Cycle

- When anxiety creeps in, pause and use a reset technique (breathing, grounding, movement).
- Check in: Are your thoughts fuelling anxiety, or can you shift your focus?

### ✓ Evening – Reflect & Rewire

- Before bed, ask yourself: “What went well today?” (Even the smallest win counts!)
- Listen to a relaxation track or do 3 deep conscious breaths to signal safety to your brain.

### ✦ Try This:

Write down your personal reset routine—what’s one thing you can do in the morning, midday, and evening to stay calm?



### 3. The 60-Second Reset for Instant Calm

No time? No problem. This quick practice helps you reset anywhere, anytime.

- ✓ Breathe in for 4, hold for 4, exhale for 6.
- ✓ Drop your shoulders. Release tension.
- ✓ Tell yourself: "I am safe. I am in control."

#### 📌 **Try This:**

Use the 60-second reset the next time you feel tension rising.



#### 4. Track Your Progress – See the Shift

Sometimes, we don't realise how far we've come.

Keep a simple anxiety log to track wins.

- ✔ What made me feel anxious today?
- ✔ What technique helped me reset?
- ✔ How did I handle it differently than before?

#### 📌 **Try This:**

Each night, write down one way you managed anxiety better than before.



# *Your Path to Lasting Change*

*Building a calmer mind isn't about never feeling anxious again—it's about changing how you respond when it happens.*

*The more you practise these small daily resets, the more natural they will become.*

*Remember: Anxiety is just a habit of the mind, and like any habit, it can be changed.*

*🌱 Some days will be easier than others, and that's okay. Progress isn't about being perfect—it's about choosing, even in small ways, to respond differently.*

*💡 Final Thought: Imagine where you'll be one month from now if you keep practising these techniques. What will feel different? How will your mind respond? That future is being built with the choices you make today.*

*Now, let's talk about what's next and how to continue this journey...*

# 06

## Next Steps

### **SO WHAT'S NEXT FOR YOU?**

Now that you have the tools, the next step is about deepening the transformation. You don't have to do it alone. Many women find that working with a coach gives them the support, structure, and accountability they need to truly break free from anxiety.

If you're ready to:

- ✓ Eliminate the root causes of anxiety, not just manage symptoms
- ✓ Reprogramme limiting subconscious beliefs holding you back
- ✓ Feel genuinely confident and calm—no matter the situation
- ✓ Step into the next chapter of your life with clarity and control

**Then working together one-to-one with me could be the next best step.**

If you're ready to fast-track your transformation, let's chat about how working together 1:1 can help you get there faster.

[Click here to book a free discovery call](#)  
(No pressure, no obligation—just a friendly chat to see how I can help!)



*I look forward to connecting with you.*



*Angela x*



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