

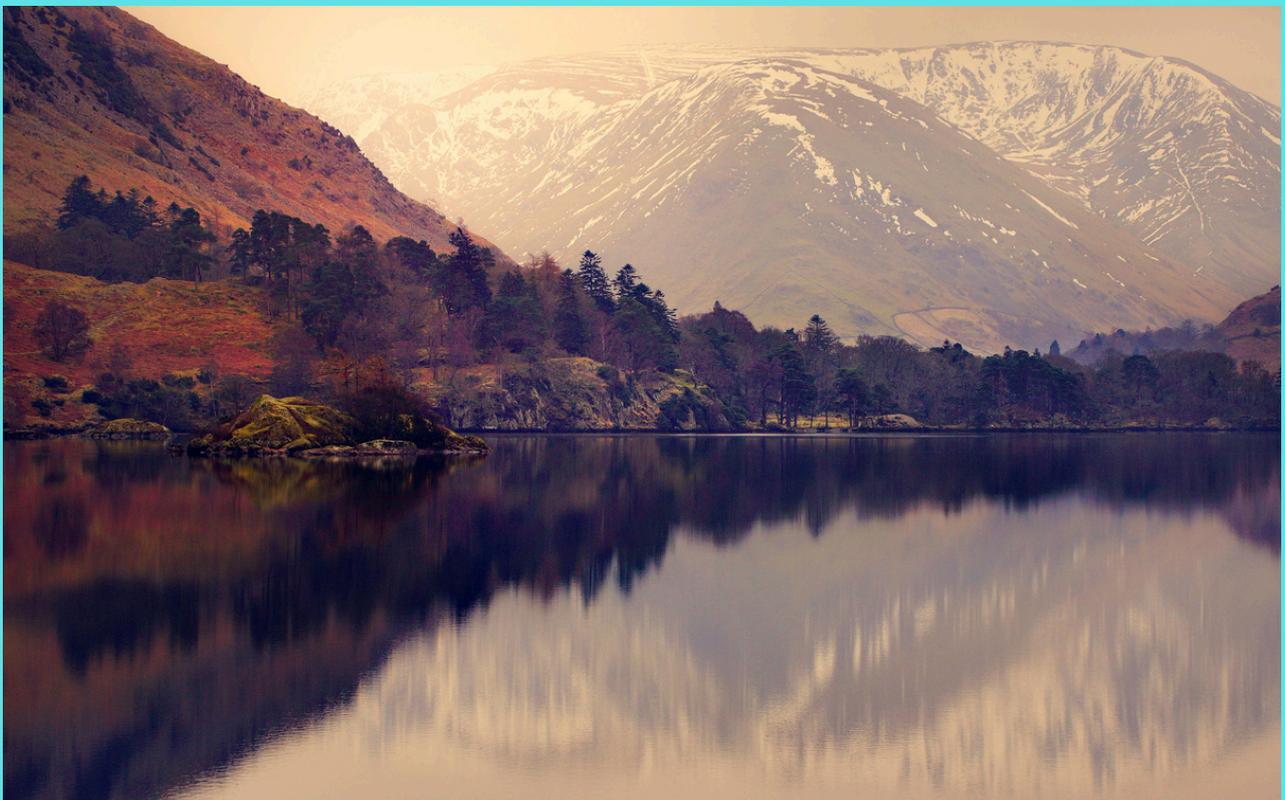


*Take a deep
breath in*

10 Calming Tools to Manage Anxiety: A Simple Workbook

By Megan Clarke

Practical exercises and reflection prompts to help you find calm each day.



Welcome Letter

Hi, I'm Megan.

I was diagnosed with severe anxiety and panic disorder nearly 20 years ago. Since then, I've been learning, testing, and practicing tools that help calm the mind and body. This workbook is a collection of my favorite, practical techniques.

You don't have to do this alone. Take it at your own pace, and remember that every small step counts.



How to Use This Workbook

Take your time - there's no rush.

Use the worksheets to track your progress.

Revisit exercises as often as needed.

Write honestly, reflect honestly - this workbook is for you.



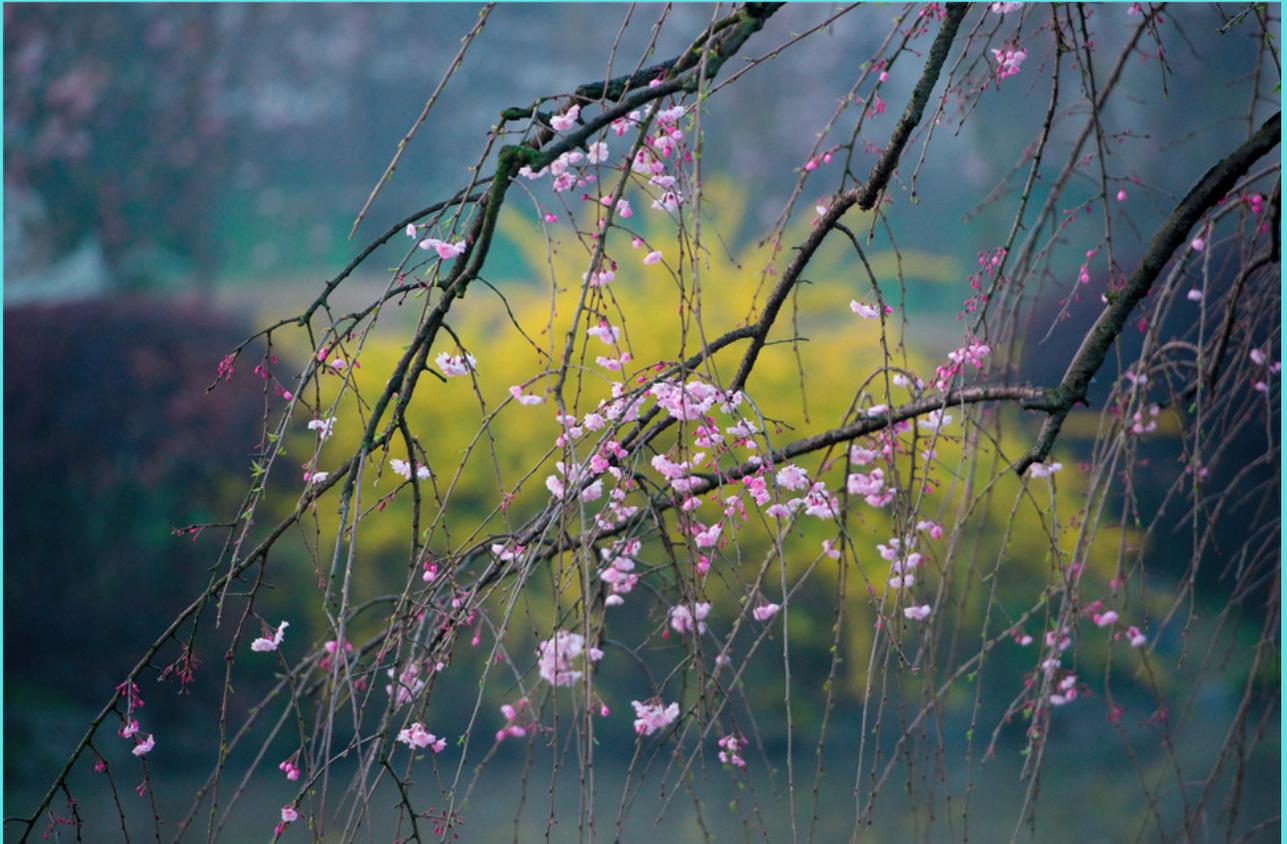
Tool 1: 5-4-3-2-1 Grounding Technique

Explanation: This technique helps anchor you in the present moment.

Exercise:

1. Notice 5 things you can see.
2. Notice 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.

Reflection: How did your body and mind feel before and after?



Tool 2: Box Breathing

Explanation: Deep, controlled breathing signals your body it's safe.

Exercise:

1. Inhale for 4 seconds
2. Hold for 4 seconds
3. Exhale for 4 seconds
4. Hold for 4 seconds

Repeat 3-5 times.

Reflection: Rate your anxiety 1-10 before and after.



Tool 3: Positive Affirmation Practice

Explanation: Repeating affirmations helps shift your mindset.

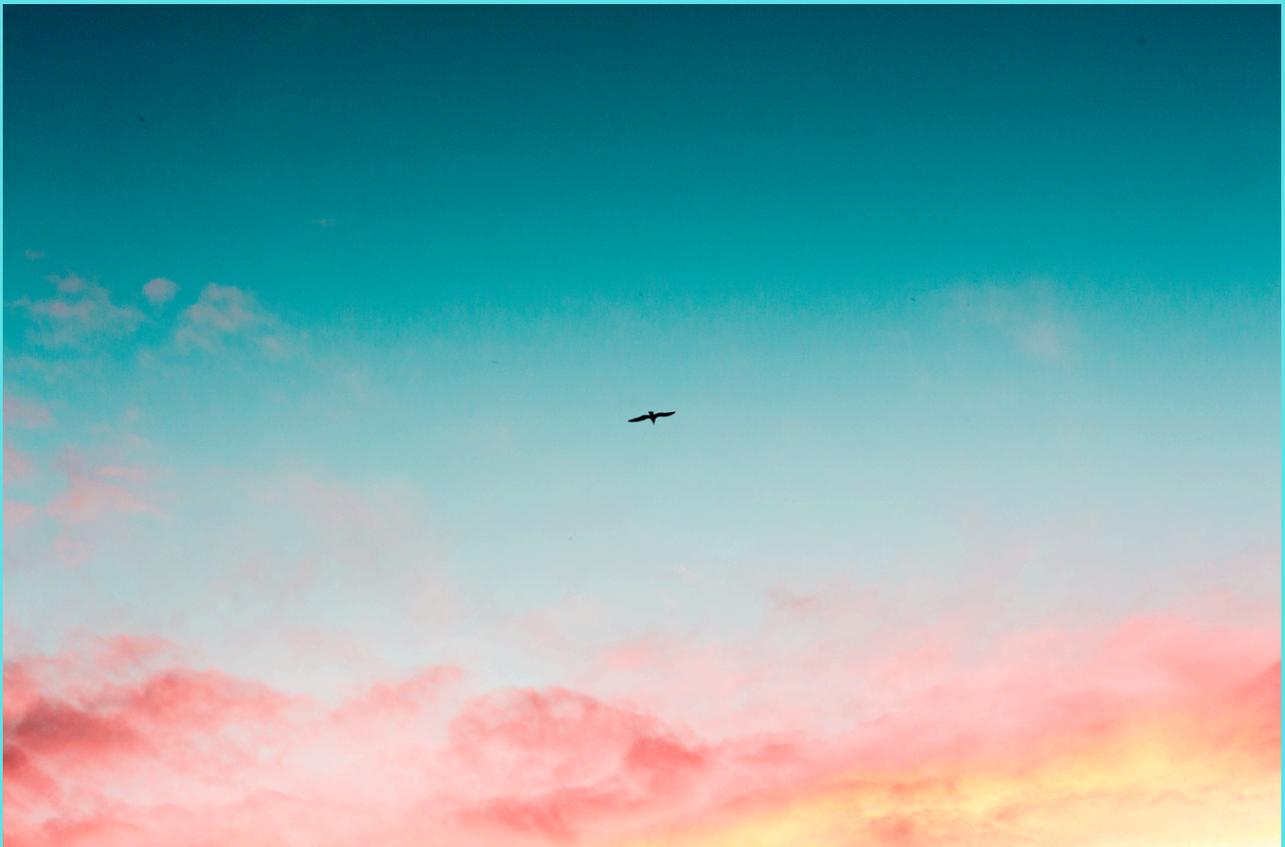
Exercise: Write 3 affirmations and repeat them aloud:

1. _____

2. _____

3. _____

Reflection: Which affirmation felt most true?



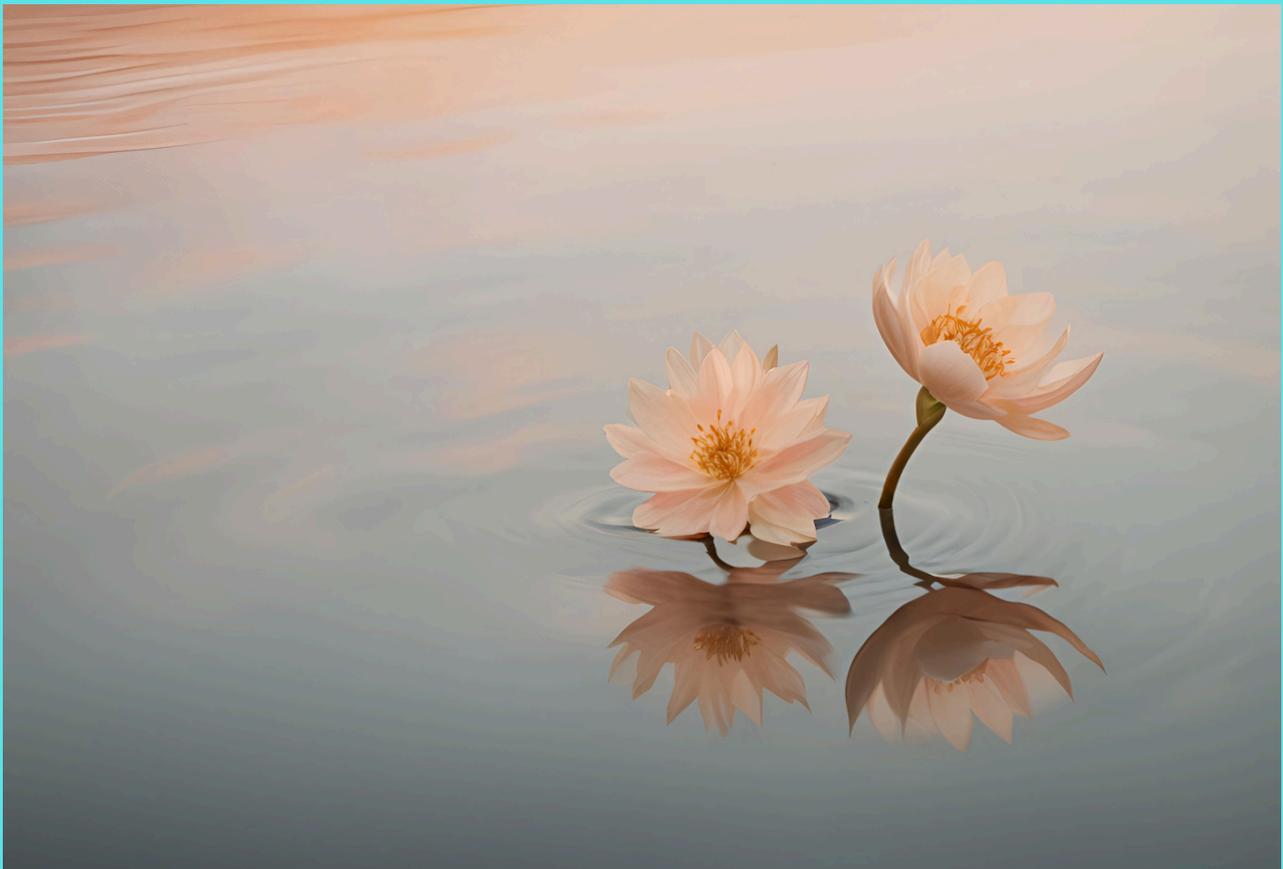
Tool 4: Anxiety Thought Reframe

Explanation: Anxiety often comes with distorted thoughts. Reframe them.

Exercise:

- Identify a negative thought: _____
- Ask: 'Is this fact or opinion?'
- Reframe into a positive or neutral thought: _____

Reflection: How does this new thought make you feel?



Tool 5: Mini Gratitude Practice

Explanation: Focusing on gratitude shifts attention away from anxiety.

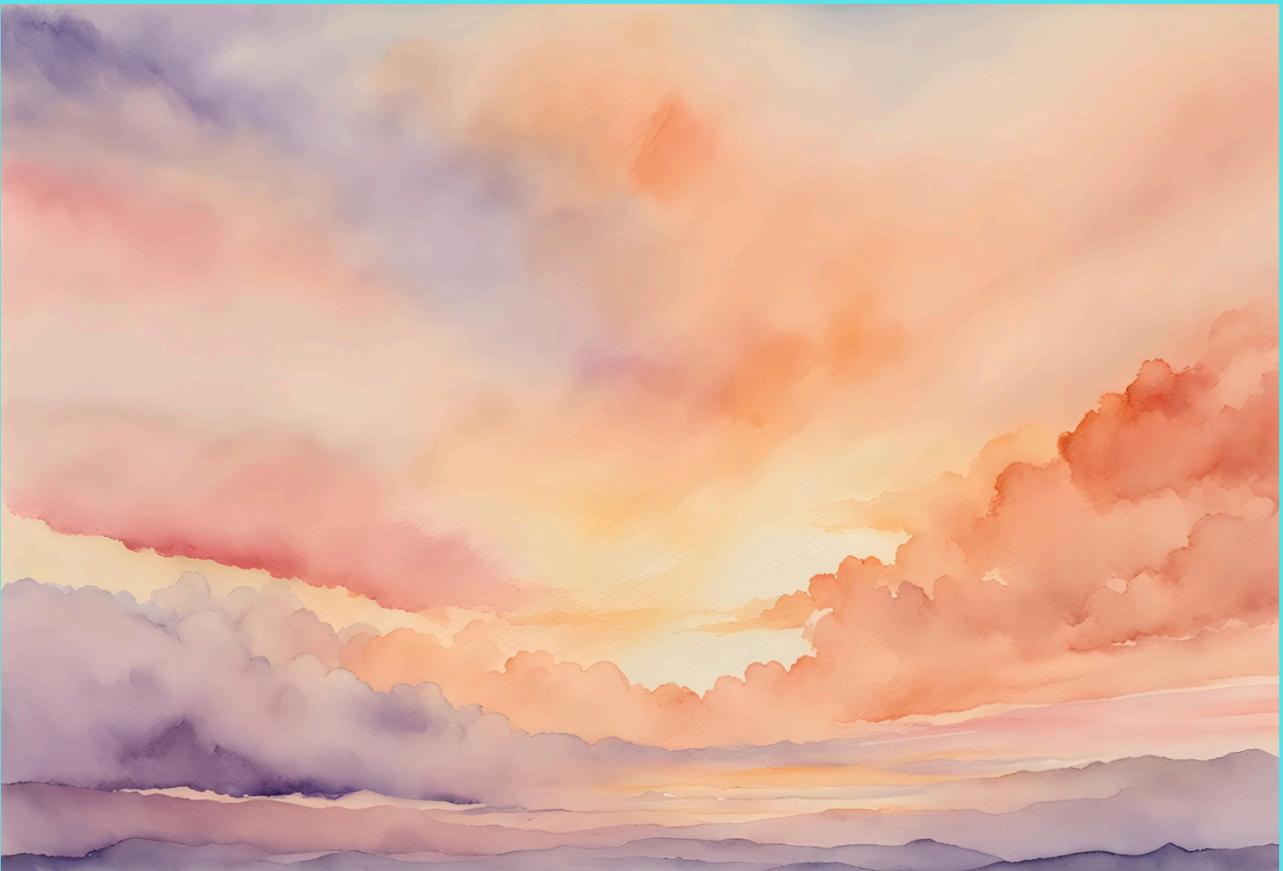
Exercise: Write 3 things you're grateful for today:

1. _____

2. _____

3. _____

Reflection: Did this shift your mood?

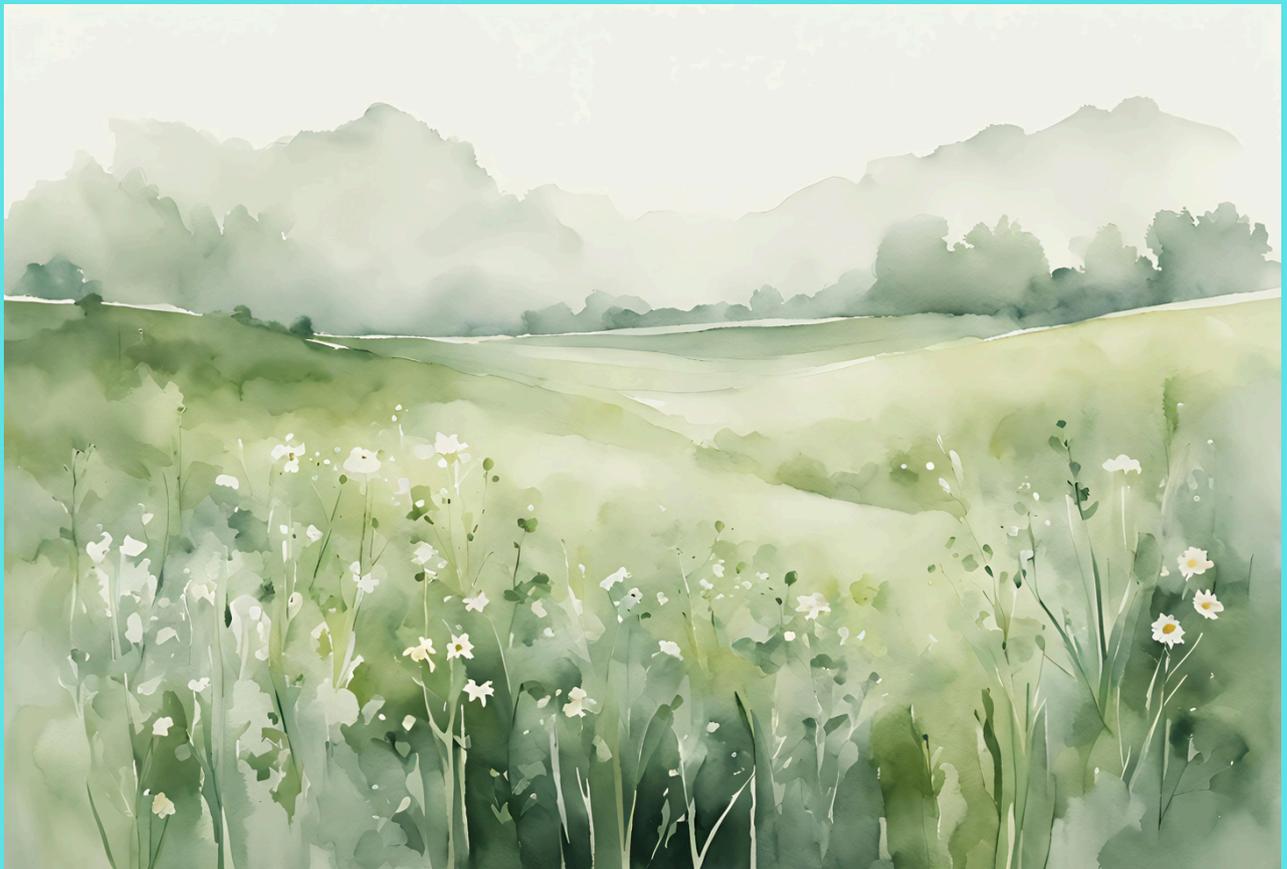


Tool 6: Safe Space Visualization

Explanation: Visualization helps calm the nervous system.

Exercise: Close your eyes. Imagine a safe, peaceful place. What do you see, hear, feel? Write down the details:

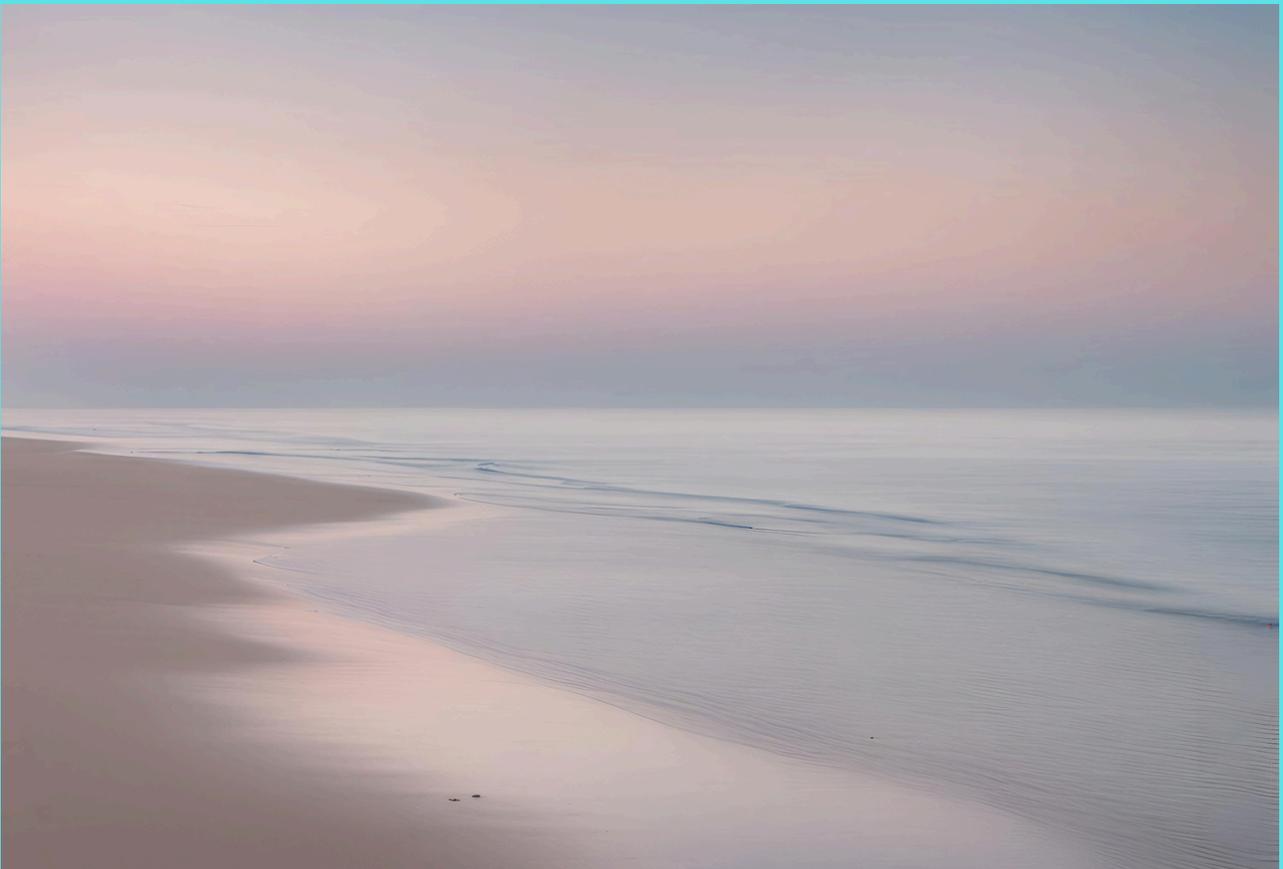
Reflection: How did your body respond?



Tool 7: Journaling Prompt

Prompt: Write about your anxiety like it's a story: What happened, how it felt, and what you need to feel safe.

Reflection: Any patterns or insights?



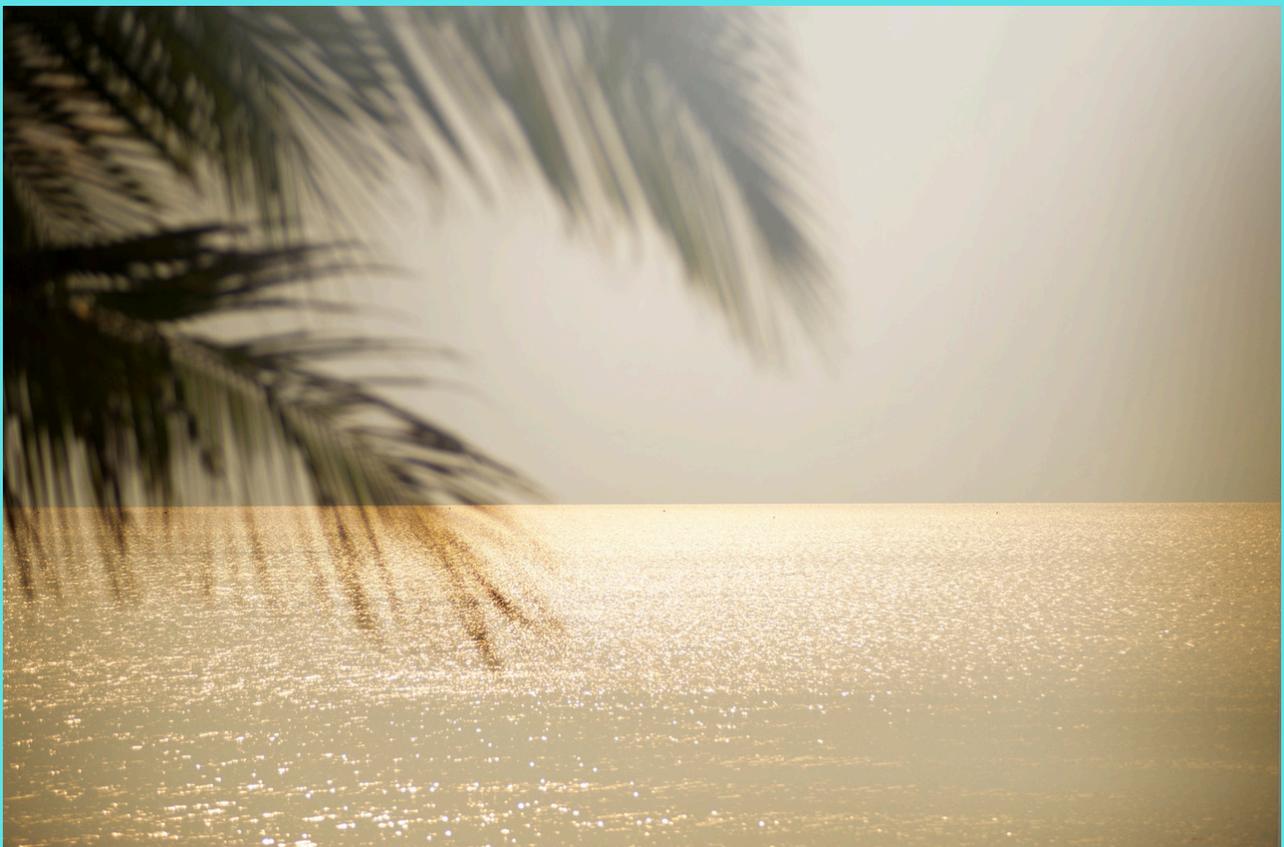
Tool 8: Progressive Muscle Relaxation

Explanation: Relaxes tension in your body.

Exercise:

1. Tense each muscle group for 5 seconds
2. Release slowly
3. Start from toes -> legs -> abdomen -> arms -> shoulders -> face

Reflection: Which areas were tightest?



Tool 9: Soothing Ritual

Explanation: Small rituals signal your brain it's time to calm.

Exercise: Try one today:

- Sip tea mindfully
- Light a scented candle
- Play soft music
- Stretch or take a warm shower

Reflection: How did this feel?



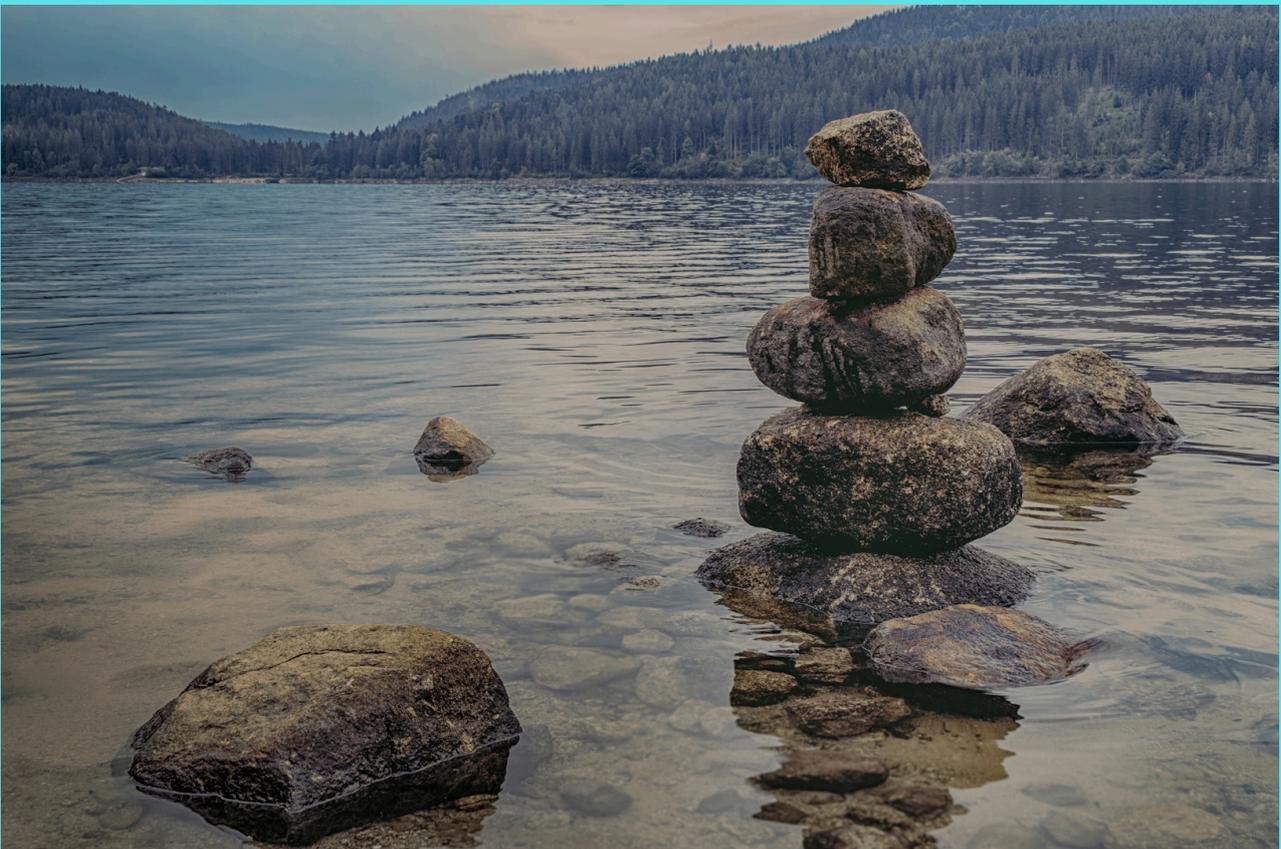
Tool 10: Daily Routine Tracker

Explanation: Anxiety reduces when routines are consistent.

Exercise: Track 3 simple things today:

1. Movement/exercise: _____
2. Mindfulness or calm activity: _____
3. Self-care/hobby: _____

Reflection: Did these help you feel grounded?



Daily Reflection Page

Date: _____

- What triggered my anxiety today? _____

- What tool did I try? _____

- How do I feel now? _____

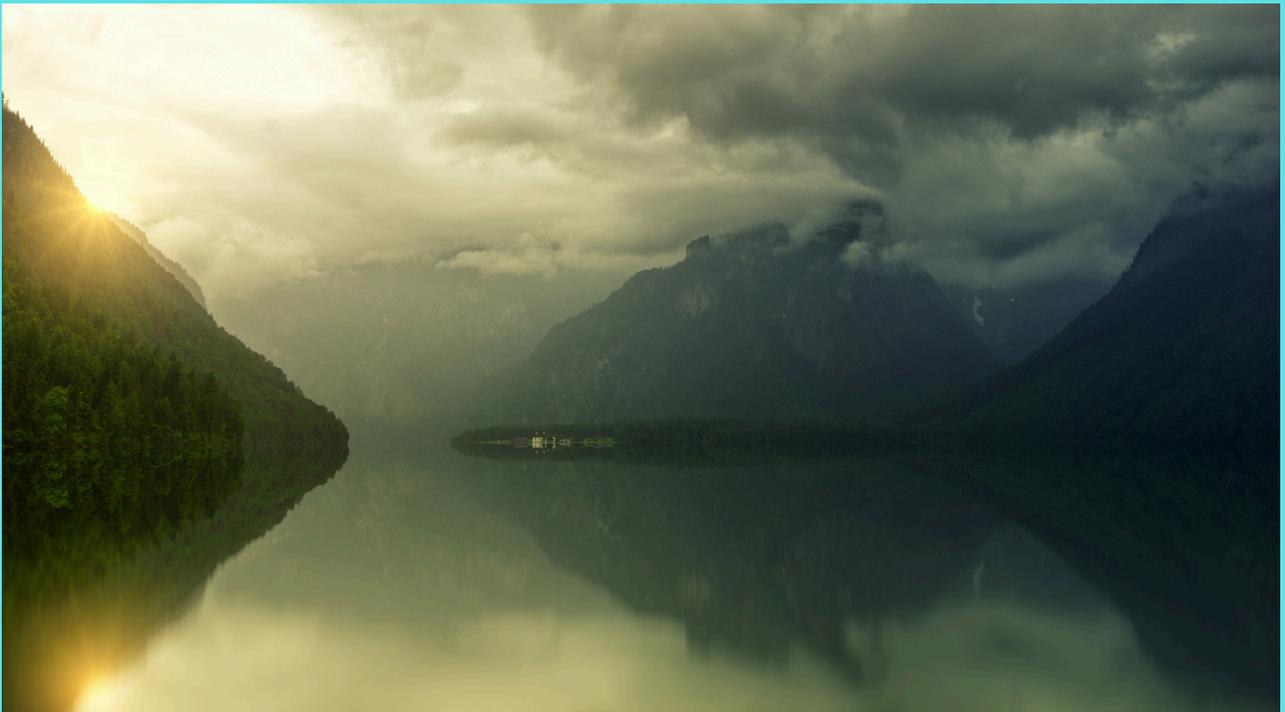


Encouragement & Affirmations

You are not broken. You are healing. Every small step counts.

Daily Affirmations:

- I am safe.
- My anxiety does not define me.
- I can get through this moment.
- I honor my feelings.
- Each day I grow stronger.



Next Steps / Invitation

Thank you for using this workbook.

If you found these tools helpful, my small ebook and full 139-page book dive even deeper into practical strategies for managing anxiety and creating a calmer life.

Grab them here ->

