

Calm Me Down Right Now

A gentle 10-minute reset for when anxiety spikes



Helping You Cope • Megan Clarke

Before We Begin



If you are here, something probably feels overwhelming right now. Your thoughts may be racing, your chest may feel tight, or your body may feel on edge.

You are not broken. You are not in danger. And you are not doing anything wrong.

Anxiety can feel intense and convincing, but what you are experiencing is your nervous system doing its best to protect you, even when there is no real threat.

You do not need to fix anything right now. You do not need answers. You do not need to calm your thoughts.

In the next few minutes, we are simply going to help your body feel a little safer. That is all.

What's Actually Happening



When anxiety hits, your body switches into fight or flight mode. This is an automatic survival response designed to protect you.

Adrenaline increases, breathing speeds up, muscles tense, and thoughts become louder and more urgent.

This can cause symptoms such as a racing heart, dizziness, chest tightness, nausea, shakiness, or the feeling that something is very wrong.

Even though it feels intense, this response is not dangerous. It is uncomfortable, but it will not harm you.

Your nervous system simply believes there is a threat and needs reassurance that it is safe to stand down.

We are going to give it that reassurance next.

The 3-Minute Reset



You do not need to do this perfectly. Move through it gently and at your own pace.

Step 1: Ground your body. Place both feet flat on the floor and sit back against something solid. Quietly name three things you can see, two things you can feel, and one thing you can hear.

Step 2: Slow the breath. Breathe in through your nose for four counts and out through your mouth for six counts. If counting feels difficult, make the exhale longer than the inhale. Repeat five times.

Step 3: Reassure. Gently say to yourself: This feels awful, but it will pass. I have been through this before. I do not need to solve anything right now.

You are not trying to stop anxiety. You are allowing it to move through you safely.

After This Moment



It is normal if your body still feels a little unsettled after an anxiety spike. That does not mean the reset did not work.

Your nervous system may need time to fully calm down. That is okay.

Drink some water. Sit or lie somewhere comfortable. Wrap yourself in something warm if that feels good.

You did not fail. Your nervous system just needed care.

From Me to You



I created this guide because I live with anxiety too. I know how frightening and overwhelming these moments can feel.

If this helped even a little, I am really glad you are here. You are not weak for struggling, and you are not alone in this.

Be gentle with yourself tonight. You are doing the best you can.