

# REASSURANCE RESCUE GUIDE

THE HEALTH ANXIETY  
COACH



# WHY YOU'RE STUCK

You feel a symptom.

Your mind reacts fast.

“What if this is serious?”

So you:

- Google
- Ask someone
- Check your body
- Replay appointments

You feel relief, but then doubt creeps back in.

Here's what's really happening:

Reassurance teaches your nervous system that there was danger.

So it stays on high alert.

This isn't about your health, its about safety.

# THE REASSURANCE LOOP

This is the cycle:

Trigger

Body sensation

Catastrophic thought

Urgent need to check

Temporary relief

Doubt

Repeat

Reassurance doesn't solve anxiety.

It feeds it.

The relief feels real.

But it's short lived.

What your nervous system actually needs is not more certainty, it needs safety.

# THE REASSURANCE RESCUE METHOD

When the urge hits, do this instead:

## 1. Pause

“I am safe enough to wait.”

## 2. Name it

“This is anxiety, not danger.”

## 3. Regulate

Inhale 4

Exhale 6

Slow your body down

## 4. Delay reassurance

“If I’m still concerned tomorrow, I’ll revisit it.”

Every delay builds body trust.

## WHAT THIS BUILDS

When you stop chasing reassurance, you start building:

- Calm
- Confidence
- Control in the right direction
- Trust in your body

Freedom from constant checking  
It may feel uncomfortable at first.

That doesn't mean it's wrong.

It means your nervous system is learning something new.

## WHAT THIS WORK BUILDS

When you stop chasing reassurance, you begin building:

- Calm in your nervous system
- Confidence in your body
- Clarity in your thinking
- Control in the right direction
- Freedom from constant scanning

At first, it may feel uncomfortable.

That doesn't mean something is wrong. It means your nervous system is learning that it does not need to panic to protect you.

Recovery is not about eliminating sensations, its about changing your response to them.

## **Inside my Trust & Thrive Method,**

I help people:

Stop spiralling

Regulate their nervous system

Rebuild trust in their body

Move from fear to calm confidence

Health anxiety doesn't discriminate.

And neither does recovery.

You don't have to manage this alone.

**Book a call**

Or message me 'READY'

Let's rebuild trust .... together.

Amy x

# DISCLAIMER

This guide is for educational purposes only. It is not medical advice and is not intended to diagnose, treat, or replace professional medical care.

If you are experiencing new, severe, or worsening symptoms, or have concerns about your health, please seek advice from a qualified medical professional.

Health anxiety recovery involves learning to respond differently to fear ... not ignoring genuine medical concerns.

Always use your judgment and consult your GP or healthcare provider where appropriate.

**[www.healthanxietycoach.co.uk](http://www.healthanxietycoach.co.uk)**