



COME BACK TO CALM

I'M READY ↓

PAUSE HERE

How activated do you feel right now?



Then try the first three exercises.

WHEN YOU'RE READY ↓

Sit or stand taller. Let your chest
open and your shoulders soften
back.

CUE WORD

OPEN

10 seconds

During the following exercises, whenever you notice yourself
folding forward, gently return to this open posture.

Very slowly turn your head from side to side. Let it pause when you notice something neutral or safe.

CUE WORD

TURN

3 slow passes each way

Slowly alternate gentle pressure
between your left and right foot,
pressing into the floor or surface
beneath you.

CUE WORD

PRESS

10 alternating presses total

PAUSE HERE

How activated do you feel now?



Notice whether anything shifted.

NOTICE YOUR POSTURE

If you've folded forward again, gently return to open.

SLOWING DOWN IS PART OF THE RESET

When anxiety puts your nervous system into overdrive, moving slowly may feel difficult. That's okay.

Slowing the movement itself is part of the reset. Each gentle repetition gives your brain and body another opportunity to recognize signals of safety. With practice, the pathway back can begin to feel more familiar.

If you want more support, repeat the first three more slowly - or keep going and try something new.

You don't need to think about your breath.

Let it do whatever it is doing. Focus on physically slowing each movement - opening, turning, pressing, tapping, and releasing.

[Click here to repeat exercises 1-3](#)

WHEN YOU'RE READY ↓

Gently clench one fist at a time,
alternating sides. Slowly uncurl
and soften your fingers.

CUE WORD
RELEASE

5 times per hand

Slowly massage one hand with the other, including each finger.

CUE WORD
MASSAGE

1 minute per hand

Slowly trace the fingers of one hand with the other while breathing comfortably.

CUE WORD

TRACE

3 slow rounds per hand

Tap a slow, alternating, steady
rhythm on your legs.

CUE WORD

TAP

20 alternating taps total

IF THIS FEELS TOO NOTICEABLE WHERE YOU ARE

Slowly alternate pressing each
fingertip into your thumb.

With your lips gently closed, make a quiet, comfortable hum. Notice the vibration. Let the sound end naturally. Pause. Repeat.

CUE WORD

HUM

3 gentle rounds

IF THIS FEELS TOO NOTICEABLE WHERE YOU ARE

Make it almost silent - just enough to feel a faint vibration.



Place one hand over your heart
and one over your abdomen.
Feel the contact.

Stay here for a moment.

Say each of these statements to yourself 3 times.

My body is trying to protect me.

I am safe in this moment.

I am okay.

PAUSE HERE

How activated do you feel now?



Notice whether anything shifted.

What do you need now?

I'm in crisis and need more help. →

I feel a little better and need another round. →

I'm all done and would like to share what helped and what I still need help with. →

I feel significantly better and would like to learn about anxiety and the nervous system. →

Your body knows how to move back toward baseline.

Over time, your nervous system may have learned to sound the alarm quickly - even when the present moment is safe. These practices offer a gentle nudge toward a different pattern, helping your body practice the way back until it becomes more familiar.

Panic symptoms often peak within about 10 minutes and usually ease within 5-20 minutes, though they can last longer. Ongoing anxiety may linger or return in waves.

One small signal of safety at a time.

REPEAT AS NEEDED

Repeat all nine practices in order as many times as you need, or stay with any one practice for as long as it feels comfortable. Move gently, pause or stop at any time, and give your body time to settle and your anxiety to begin coming down.

[Keep me updated on the availability of the complete guide.](#)

[Learn more about Mandy.](#)

**You do not have to
handle a crisis alone.**

Call or text 988

Text HOME to 741741

**Immediate danger: call 911 or go to
the nearest emergency
department.**

These educational tools are not medical care. Stop if anything
feels uncomfortable and consult a qualified healthcare
professional for guidance.