Bree HEALTH

5 STEPS TO CALM ANXIETY

Anxiety can feel loud, fast, and overwhelming. These five quick steps help calm your body and mind in the moment—no special tools required.

Name it to tame it
Say: "I'm feeling anxious right now." Labeling helps your brain shift from panic to clarity.

Ground in the present (5-4-3-2-1)
Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

Offer one kind truth
Try: "This will pass." "I'm safe right now." "I can do the next small thing."

Drop your exhale
Inhale 4 seconds, exhale 6–8 seconds. Repeat 5–8 times. Longer exhales signal safety.

Move the energy
Walk, stretch, shake out hands, or do 10 slow squats. Movement helps your body release stress.

Need more support?
If anxiety feels constant or overwhelming, reach out to Bree Health with a call or text.

You deserve to feel steady. Start with one step. Then the next.

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