

THE ANXIETY RELIEF WORKBOOK:

Practical Tools to Calm Your Mind & Regain Control



Welcome to Your Anxiety Relief Journey

Hi, I'm Naila, the founder of Reset Coaching and I know how overwhelming anxiety can feel. Maybe you find yourself constantly overthinking, feeling on edge, or struggling with a sense of dread that just won't go away. Perhaps your heart races before social situations, or you feel paralyzed when making decisions. If this sounds familiar, you're not alone.

Anxiety is one of the most common struggles people face, but the good news is that you can learn to manage it. This workbook is designed to give you practical, research-backed tools to help you break free from the anxiety cycle and regain control over your thoughts and emotions. You don't have to live in fear of your own mind. Let's dive in and equip you with the strategies that will help you feel calmer, more confident, and in control.

Naila Ahmed



Understanding Anxiety: WHATS HAPPENING IN YOUR BRAIN?

Anxiety isn't just "worrying too much." It's a physiological response that stems from the brain's fight-or-flight system. When your brain perceives a threat (real or imagined), it releases stress hormones like cortisol and adrenaline. This triggers symptoms like:

- Racing heart
- Shallow breathing
- Restlessness
- Intrusive thoughts
- Difficulty concentrating

Scientific Insight: Research by LeDoux (1996) on the amygdala's role in fear processing shows that anxiety is deeply rooted in the brain's survival mechanisms. When the amygdala is overactive, it triggers excessive fear responses, making it hard to differentiate real threats from imagined ones.

The problem? Your brain doesn't always differentiate between real danger and imagined fears which means you might feel anxious even when there's no immediate threat.

Exercise

IDENTIFY YOUR ANXIETY TRIGGERS

Anxiety can feel like a tight knot in your stomach, a racing heartbeat, or sweaty palms. Your mind won't stop overthinking, your chest feels heavy, and sometimes it's like you can't catch your breath. You might feel restless, dizzy, or on edge, as if something bad is about to happen—even when everything seems fine. An anxiety trigger is anything that sets off feelings of worry, stress, or panic. Triggers can be different for everyone, but they often come from situations that make us feel unsafe, uncertain, or overwhelmed. For example:

- Money Worries
- Work Stress
- Parenting overload
- Relationship struggles
- Social Anxiety
- Big Life Changes
- Health concerns



Think about the last time you felt anxious. What triggered it? Write down at least three situations that commonly make you feel anxious.

- 1 _____
- 2 _____
- 3 _____

Breaking the Anxiety Cycle

THE ANXIETY CYCLE MODEL*

Cognitive Behavioral Therapy (CBT) research by Clark & Wells (1995) identifies a cycle of anxiety that reinforces itself:

1. Trigger → Something sets off your anxiety (e.g., a social event, an email, a difficult conversation).
2. Negative Thoughts → “I’m going to mess this up.” “Everyone will judge me.”
3. Physical Symptoms → Your body responds with tension, rapid breathing, or a racing heart.
4. Avoidance → You might avoid the situation to relieve the anxiety temporarily.
5. Short-term Relief, Long-term Reinforcement → Avoidance feels good in the moment, but it teaches your brain that the situation is dangerous, making anxiety worse over time.

Action Step: Challenge Your Thoughts with CBT

Write down one anxious thought you have and challenge it using the CBT Thought Reframing Method (Beck, 1976):

Anxious Thought: _____
Evidence Against It: _____
A More Balanced Thought: _____



Proven Techniques to Reduce Anxiety

1 The 5-4-3-2-1 Grounding Technique

When anxiety feels overwhelming, grounding yourself in the present moment can help. This technique is based on mindfulness-based stress reduction (MBSR), a scientifically backed approach developed by Jon Kabat-Zinn (1990).

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Use this method next time you feel anxious and journal about how it helped.

2 Box Breathing for Instant Calm

Box breathing is a simple but powerful technique used by Navy SEALs to stay calm under pressure. Studies by Lehrer et al. (2000) suggest that slow, controlled breathing activates the parasympathetic nervous system, reducing stress and anxiety.

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

Repeat this for 1–2 minutes and notice how your body relaxes. Set a timer for 2 minutes and practice box breathing.

How do you feel afterward?

Proven Techniques to Reduce Anxiety



1 Create Your Personal Anxiety Toolkit

Write down 3 coping strategies that work for you, based on evidence-based techniques (e.g., journaling, exercise, meditation):

1. _____
2. _____
3. _____

Keep this list handy for moments when you feel anxious.

Your 7-Day Anxiety Challenge

Try one anxiety-reducing technique each day and track your progress:

Day	Technique Used	How did you feel?

Final Thoughts: You Are in Control

ANXIETY MIGHT FEEL LIKE IT'S RUNNING YOUR LIFE, BUT WITH THE RIGHT TOOLS, YOU CAN REGAIN CONTROL!

If you found this workbook helpful, I'd love to hear from you! Visit www.reset-coaching.com to explore more resources, coaching sessions, and personalized support.

LET'S CHAT!



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