DIY Plan to Manage Situational Anxiety

1. RECOGNIZE & ACCEPT

"I'm anxious because this matters. It's okay to feel this."

- Don't fight it-accept and observe the anxiety.
- Label the emotion: "This is anxiety, not danger."

2. INSTANT GROUNDING (5-4-3-2-1)

Look around and name:

- 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

3. CALMING BREATHING

Box Breathing (5 rounds): Inhale 4 sec -> Hold 4 -> Exhale 4 -> Hold 4

Alternate Nostril Breathing (Nadi Shodhana) is also very calming.

4. QUICK MINDSET SHIFT

Replace: "I'll fail" -> "I can handle this."

Visualize: Success scene in detail for 2-3 minutes.

5. MOVE YOUR BODY

Brisk walk, yoga, or short workout -> Clears adrenaline and resets the mind.

6. DAILY HABITS

- Sleep: 7-9 hours
- Diet: Avoid caffeine/sugar before events
- Hydrate: 8-10 glasses/day

7. NATURAL OPTIONS*

- Ashwagandha (250-600 mg/day)
- Magnesium glycinate (200-400 mg/day)
- Green tea (L-theanine)

(*Talk to your doctor first)

8. EMERGENCY "CALM KIT"

- Chewing gum
- Lavender roll-on
- Stress ball

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- Pocket affirmation card

9. DAILY RITUALS

10-min meditation

3-line journal entry: What made me anxious? What helped?

SEEK HELP IF:

Anxiety happens too often

Interferes with work or relationships

Causes chest pain or sleep issues

You are not weak. You are learning how to respond, not react.

Breathe. Accept. Act.