



The Anxiety Toolkit

What to Do When Panic Hits Your pocket guide for managing sudden anxiety — body, mind, and nervous system.

✦ Perfect for:

- Social overwhelm
- Public speaking panic
- Nighttime anxiety spikes
- Out of nowhere spirals





When Panic Hits

Panic can feel like a tidal wave: heart racing, chest tight, thoughts spinning. This guide is your moment-to-moment reset plan.

Panic is not a failure. It's a temporary surge in your nervous system — and you *can* ride it out.

👂 You are not alone. You are not broken. You're overwhelmed — and that's treatable.

Temporary Surge

Panic is a temporary surge in your nervous system that you can ride out.

Not Alone

You are not alone or broken - just overwhelmed, which is treatable.

Reset Plan

This guide provides a moment-to-moment plan to reset during panic.

Step 1: Breathe On Purpose

Fast, shallow breathing feeds panic. Let's interrupt that.



Breathe in — 4 sec

Hold — 4 sec

**Breathe out — 4
sec**

Hold — 4 sec

Box Breathing

 Repeat 4 times. Say to yourself:

"I'm safe. I'm here. This will pass."

Need help? Ask the app:  "Walk me through calming my breath."

Step 2: Ground in the Present

When your brain says *danger*, help your body find *now*.

5

See

👁️ 5 things you can see

4

Touch

👋 4 things you can touch

3

Hear

👂 3 things you can hear

2

Smell

👃 2 things you can smell




💬 1 kind thing you can say to yourself

🌱 5-4-3-2-1 Grounding

💬 Ask in the app: "Help me feel grounded right now."

Step 3: Flip the Thought

Anxious thoughts are often catastrophizing — worst-case spirals.

-  **What else *could* be true?**
-  **If a friend thought this, what would I say to them?**
-  **Is this fear or a fact?**

Try these CBT prompts:

 The goal isn't to be *perfectly calm* — it's to think flexibly.

 Ask Navigate: "Can you help me reframe this thought?"

Step 4: Journal Your Way Out

You don't need to solve everything — just slow it down.

<div></div> <div>Right now I feel...</div> <div>Identify and name your current emotions</div>	<div></div> <div>This was triggered by...</div> <div>Recognize what might have sparked these feelings</div>	<div></div> <div>What I need most right now is...</div> <div>Determine what would help you feel better</div>
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Try writing:

📱 Use a notes app, a journal, or ask the app to guide you through.

💬 Try: "I need help organizing my thoughts."

Step 5: Reset the Body

When panic is loud, soothe through motion + stillness.

Squeeze your fists tight for 5 seconds → then relax.



Shrug your shoulders to your ears → hold → drop.

Gently move your neck side to side.



Try:

Your body leads your mind — calm is something you *can* practice.

💬 Ask: "Give me a 1-minute body reset."



When It's Too Much: Ask Navigate Anxiety

In the heat of anxiety, clear thinking goes offline. That's where the app comes in.



Help me feel grounded.



I need to slow my breathing.




Tell me something calming.



This panic feels scary — remind me I'm okay.

You can ask: 

 You'll get instant, non-judgmental support, 24/7.



Don't have it yet? **Try it free at <https://navigateanxiety.org>**

Share This With Someone Who Gets Anxious

A quick "I thought of you" can be healing. 💙 For friends, students, coworkers, or clients — we all need tools.

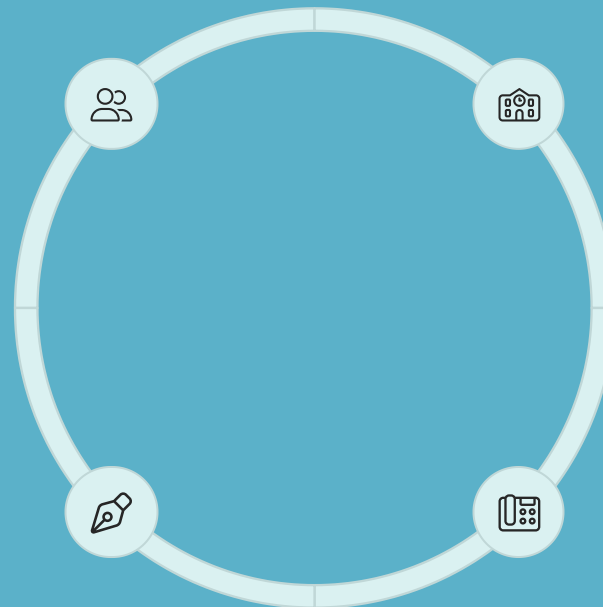
Want more guides like this? They're all inside the app.

Friends

Share with those close to you who might be struggling

Clients

Provide valuable resources to those you serve professionally



Students

Help young people develop anxiety management skills

Coworkers

Support colleagues dealing with workplace stress

Final Note: You Are Not Broken

You are not your panic. You are a human with a sensitive nervous system — and now, you have tools.

