



7 Prompts to Calm a Spiral

Mini Journal for When Your Mind Won't Slow Down A shareable, fillable guide to help break the cycle of anxious overthinking — gently, one thought at a time.

 Designed to be:

- Used anytime, anywhere (in notes app or journal)
- Fillable digitally or printed
- Shared with a friend who spirals too

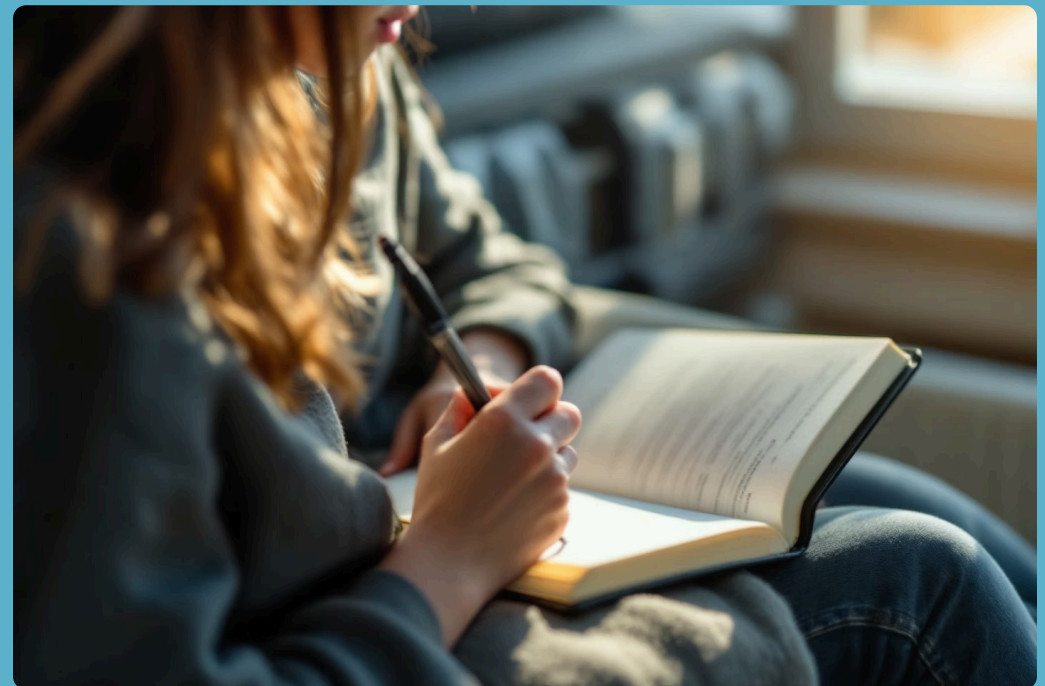


Why This Helps

Spiraling thoughts often feel like racing loops with no exit. But writing slows them down, names them, and makes space for calm.

This is not about fixing everything — It's about soothing your nervous system and interrupting the loop.

➡ Bonus: These prompts are built into tools at navigateanxiety.org



Prompt 1: What do I need right now?

🌱 **Not "what should I do" — but:**

What would bring just 1% more ease in this moment?

✨ **Ideas:**

- Water, snack, blanket, silence
- A pause from pressure
- A kind voice (yours or someone else's)

💬 **Ask Navigate Anxiety:**

"I don't know what I need — help me figure it out."



Prompt 2: What would I tell a friend right now?



Flip the inner critic

by imagining you're comforting someone else.



Speak with compassion

"You're overwhelmed, not failing." "This feeling is big, but it's not forever." "You've done hard things before."



Build self-compassion

💡 This builds self-compassion — an antidote to spirals.

💬 Ask Navigate Anxiety: "Give me a pep talk like I'd give a friend."



Prompt 3: Where do I feel this in my body?



Notice without judgment:

- Chest? Gut? Jaw? Hands?
- Is it tight, heavy, buzzing?

📱 Try: "Walk me through a grounding body scan" at navigateanxiety.org

Then gently ask:

Can I give that part of me some warmth, some breath, some softness?

Prompt 4: What's the loop I keep repeating?



Prompt 5: What's one small, true thing I know right now?



I'm safe in this moment.



I have options.



This has passed before.

✨ Anchoring in truth is like throwing a rope into the spiral — it steadies you.

💬 Need help? Ask: "Remind me I'm okay" at navigateanxiety.org

Prompt 6: What's something kind I can say to myself?



Speak to yourself like someone you love.



Try these phrases:

"This is hard, and I'm allowed to feel it."



"I'm not behind, I'm human."



"Even now, I'm doing enough."

📱 Ask Navigate Anxiety: "Say something kind to me."

Prompt 7: What's one calming thing I can do next?



Breathe

Take slow, deep breaths



Text a friend

Reach out for connection



Step outside

Change your environment



Open the app

Type: "Help me calm down."

Not "fix everything" — just one next small step.



Progress is one gentle decision at a time.



Get Support from Navigate Anxiety

These prompts are only the beginning.

✨ Inside <https://navigateanxiety.org>, you can ask:

💬 "I'm spiraling. Help me reset."

💬 "Can you talk me through this moment?"

💬 "What would help me feel less overwhelmed?"

➡️ 📱 Navigate is your 24/7 thought partner for social anxiety, panic, and overthinking.





Share This & Get Bonus Tools

Know someone who spirals too?

💙 Send them this guide with a note: *"I thought of you."*

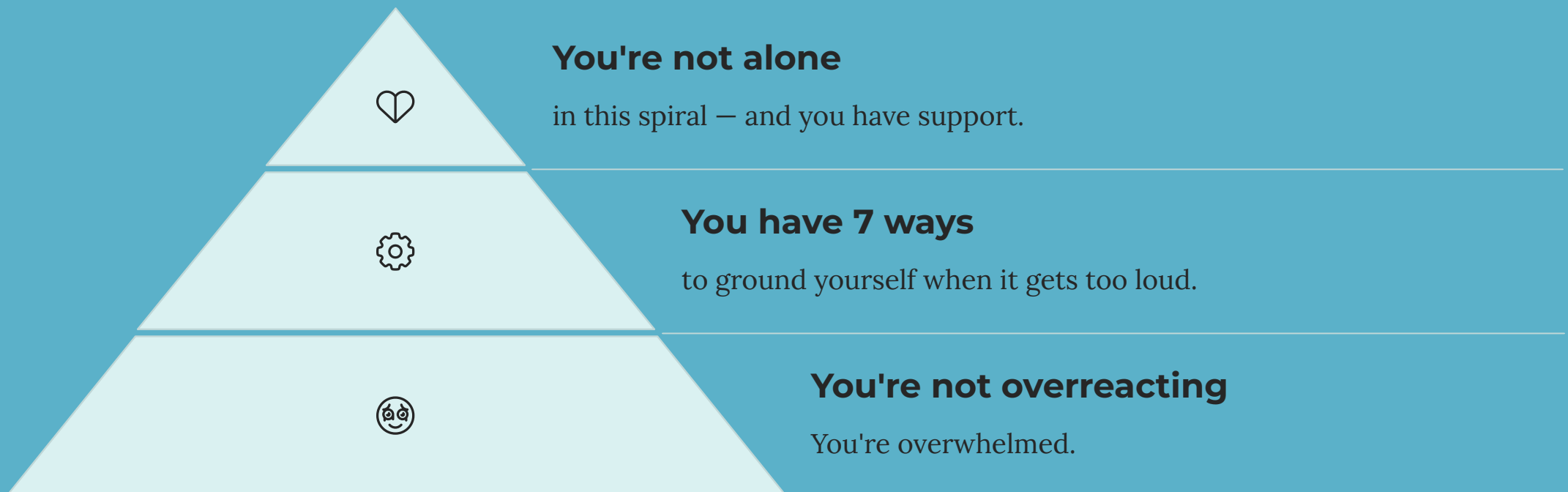
Download + Share = Bonus entries ✨

Refer others to try navigateanxiety.org and unlock additional calming tools.

Invite friends

🔗 Help them spiral less — and feel more supported.

Final Note



 Save this. Share it. Use it often.