

LETTING GO OF WORRY

Anxiety can feel overwhelming, like a constant storm of worry and fear that won't quiet down. It can make everyday situations—like school, friendships, or even just leaving the house—feel stressful and exhausting. But while anxiety might feel like it controls you, the truth is, you have the power to manage it.

Coping with anxiety isn't about making it disappear completely; it's about learning how to navigate through it. By understanding your triggers, developing healthy coping strategies, and practicing self-care, you can regain a sense of control and inner peace. Whether it's through mindfulness, journaling, movement, or seeking support, there are ways to calm your mind and ease the weight of anxiety.

You are stronger than your anxiety, and with the right tools, you can learn to quiet the noise and find a sense of calm within yourself.

Date ♦♦

HANDLING Worry

Worrying is a natural part of the human experience, but it doesn't have to dominate our lives. Through this exercise, you'll learn to categorize your concerns, enabling you to direct your attention and actions towards what you can actually influence, while learning to release what is beyond your grasp. This practice not only alleviates unnecessary stress but also empowers you to make meaningful changes in your life and mindset.

The Sphere of Influence and Acceptance

Everything outside of my control

Things within my control

I understand that I need to accept that I cannot change:

What things outside your control have been taking up the most energy?

What things inside your control could make a difference today?

Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself

What I'll Do Next...

Repeat this Mantra

"I release what I cannot control, and focus on what I can."

What small actions can I make this week?

DEVELOPING COPING SKILLS

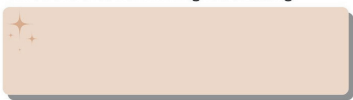
Many of us were never taught how to identify what we're feeling—we were taught to push through it, ignore it, or explain it away. Over time, this disconnect can make emotions feel overwhelming or confusing, especially during moments of stress, anxiety, or depression. Instead of recognizing what's happening, our bodies often react first.

Emotions don't just live in our thoughts; they show up in the body through tightness, heaviness, restlessness, shallow breathing, or fatigue. Learning to notice these physical signals helps you understand what you're feeling before emotions escalate. Awareness is the first step toward regulation.

The activities on this page are designed to help you identify your emotions, recognize how they show up in your body, and build coping tools you can use in real time. Breathing exercises support your nervous system by slowing your body down when emotions feel intense. Creating or imagining a safe place gives your mind a sense of security and grounding when things feel overwhelming.

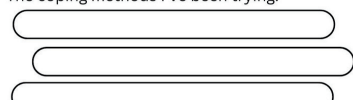
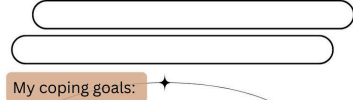
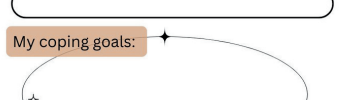
These tools aren't about avoiding difficult feelings—they're about learning how to stay present with them, regulate your body, and support yourself through challenging moments with care and intention.

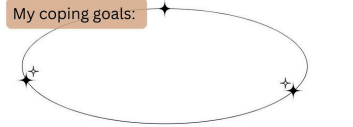
Identifying
WHAT I'M FEELING Date _____

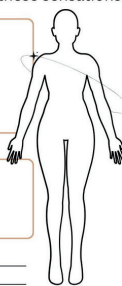
Emotions that I think I might be feeling:


What sensations am I feeling in my body?

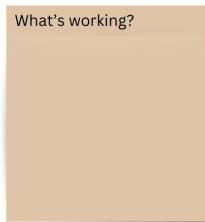

What has happened recently that could be causing these feelings?

The coping methods I've been trying:




My coping goals:


Color where you are feeling these sensations
Colors: 

Notes:


What's working?


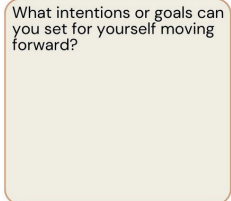
10 *minute*
Meditation _/_/_/_/_
S M T W T F S

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.

Find a comfortable posture, close your eyes, and take a few deep breaths. Take your breaths from the depths of your belly. Feel the natural rhythm of your breath, noticing the rise and fall of your belly. Count your breaths, inhaling for a count of four and exhaling for a count of four. Keep this pattern. Pay attention to the sensations of your breath, the coolness on the inhale, and warmth on the exhale. When your mind wanders, gently return your focus to your breath, letting go of distractions without judgment. Relax and release tension with each breath, embracing the present moment. Express gratitude and affirmations for your presence. Slowly open your eyes, wiggle your fingers and toes, and return to your day with a sense of calm and presence.

Specific challenges or stressors in my life that I'd like to address with mindfulness and presence?

How am I feeling after the meditation?
    
stressed anxious depressed okay calm

What intentions or goals can you set for yourself moving forward?


What practical steps can you take to stay more present?

GROUNDING YOURSELF

Anxiety and overwhelm can pull your mind out of the present moment, making your thoughts race and your body feel tense, disconnected, or unsafe. When this happens, it can feel like you're stuck in your head or trapped in a surge of fear that's hard to slow down. These reactions are not a personal failure—they are your nervous system trying to protect you.

Grounding exercises are gentle tools designed to bring you back into the here and now. Rather than trying to stop anxious thoughts, grounding helps you reconnect with your body, your breath, and your surroundings. Through sensory awareness and intentional breathing, these practices send signals of safety to your nervous system, helping your body settle and your mind regain clarity.

This guide introduces grounding techniques that can be used anytime you feel anxious, overwhelmed, dissociated, or emotionally flooded. With practice, these exercises can help you feel more steady, present, and in control—reminding you that even in moments of distress, you have tools to anchor yourself and return to safety.

THE 5 SENSES GROUNDING EXERCISE

Step One:

When emotions feel overwhelming, grounding helps you reconnect to your body and surroundings. By focusing on your five senses, you can calm your nervous system and remind yourself: I am here. I am safe.

Name 5 Things You Can See

Look around you. Big or small, ordinary or beautiful. Write or say them aloud:

Name 4 Things You Can Feel

Notice textures, temperatures, or surfaces around you. Examples: your clothing, a chair, your hands resting.

Name 3 Things You Can Hear

Tune into sounds near and far. Examples: a fan, birds, your own breathing.

Name 2 Things You Can Smell

If nothing comes to mind, think of your favorite scents (coffee, soap, flowers).

Name 1 Thing You Can Taste

Notice the taste in your mouth or sip water/tea to focus here.

Take another deep breath.

Say to yourself: "I am safe in this moment. I am here now."

Optional: Write how you feel after completing this exercise:

Tip for Survivors: Keep this page printed and folded in your bag, journal, or nightstand. Use it whenever you feel anxious, triggered, or disconnected.

THE GROUNDING BREATH ANXIETY EXERCISE



When anxiety takes hold, it often feels like your mind is racing while your body is bracing. The Grounded Breath exercise helps you reconnect to the present moment by slowing your breath and shifting your focus from fear to safety.



Sit somewhere comfortable where your feet can touch the floor. Place one hand on your heart and the other on your abdomen. Inhale deeply through your nose for a count of 4. Hold for 2 counts. Exhale slowly through your mouth for a count of 6. As you breathe, repeat quietly: "I am safe in this moment." Continue for 10 rounds of breath. Once your breath steadies, write down what thoughts were looping before you began. Next, describe how your body feels now — even if just slightly calmer.

INHALE
THROUGH
NOSE FOR
4
HOLD FOR
2
EXHALE
THROUGH
MOUTH FOR
6

What emotions came up as I focused on my breath?

How did my body feel before and after?

What can I remind myself the next time I feel anxiety rising?

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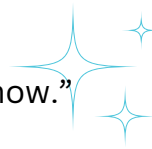
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10 Minute Meditation

This meditation can be done in any environment or any situation. It does not require a quiet space, in fact, it's best to practice this meditation in stressful situations.



Tap your collarbone gently with your finger or knuckles while saying "I am safe" or "I am okay." Breathe deeply and calmly between each affirmation and keep tapping different pressure points. This tapping helps convince your mind that you're safe and okay when you're feeling anxious. Using a finger from each hand to tap the same body parts at the same time is best for reaching both sides of your brain, but is not possible in some situations like driving. You can tap your temples, forehead, chin, jaw, collarbone, sternum, legs, knees, or arms. Try different affirmations and pressure points and continue to do what feels right for you. Continue this meditation until your anxiety has calmed or is gone.

Specific situations or stressors in my life that I'd like to address with mind this meditation?

What affirmations can you use to help you feel safe in times of anxiety?

How am I feeling after the meditation?



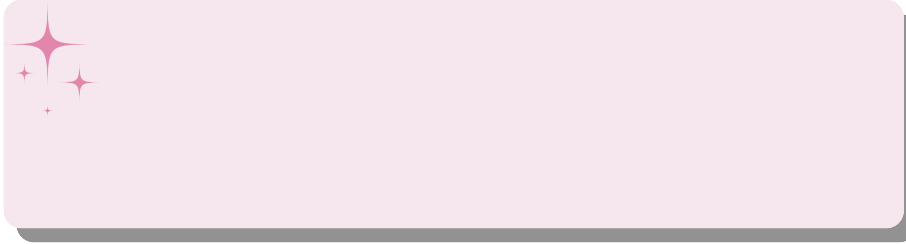
What intentions or goals can you set for yourself moving forward?

Identifying

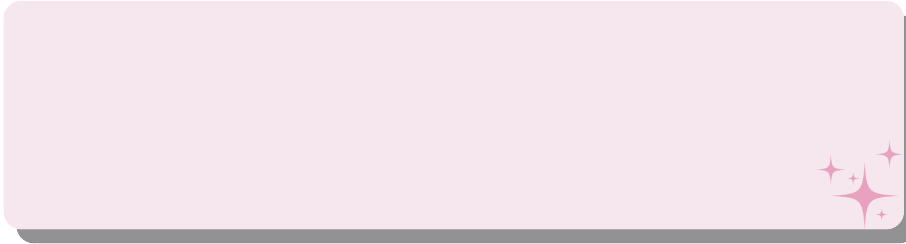
WHAT I'M FEELING

Date _____

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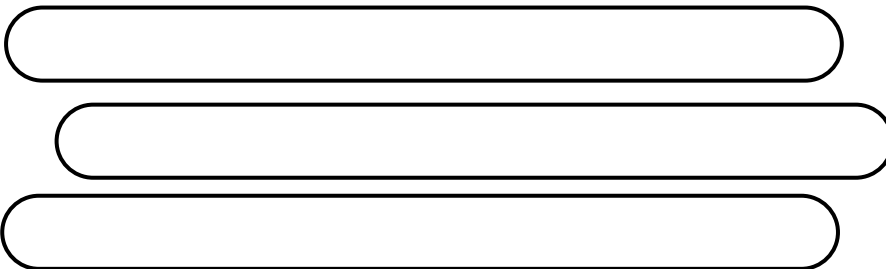


What sensations am I feeling in my body?

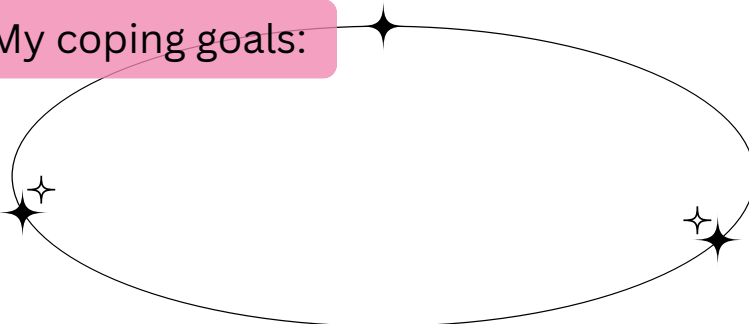


What has happened recently that could be causing these feelings?

The coping methods I've been trying:



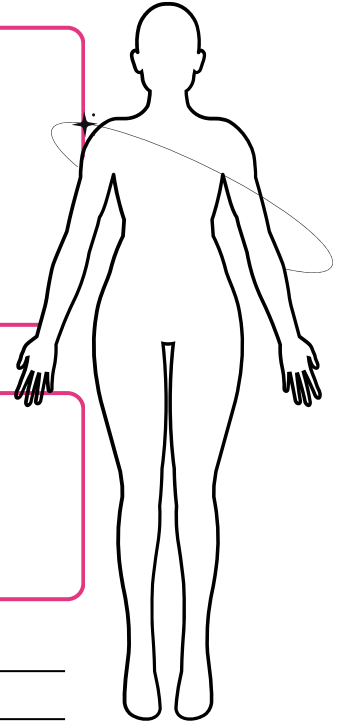
My coping goals:



Color where you are feeling these sensations

Colors:

Notes:



What's working?



Date _____



HANDLING *Worry*

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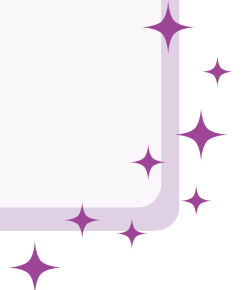
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What things inside your control could make a difference today?

Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself
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What small actions can I make this week?

What I'll Do Next...

Repeat this Mantra

"I release what I cannot control, and focus on what I can."

10 Minute Meditation

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.



Close your eyes and take a deep breath in, filling your lungs with air, and then slowly exhale, releasing any tension. Begin by focusing on your heart, feeling a sense of warmth and lightness there. Reflect on the things you are grateful for in your life, big or small. With each breath, feel a sense of gratitude expanding, filling your entire being. Now, visualize a goal you wish to manifest. See it clearly in your mind, as if it's already happening. Feel the emotions associated with achieving this goal - joy, pride, fulfillment. Hold onto this feeling, knowing that what you focus on expands. As you continue to breathe, repeat to yourself, "I am grateful for my abundance, and I confidently manifest my goals." Feel the truth of these words in your heart. Take a few deep breaths, feeling gratitude and confidence filling you. When you're ready, gently open your eyes, carrying this sense of gratitude and purpose with you into your day.

What are you grateful for in your life right now, and how can you nurture those aspects further?

Explore any insights or revelations that arose during the meditation.

How am I feeling after the meditation?



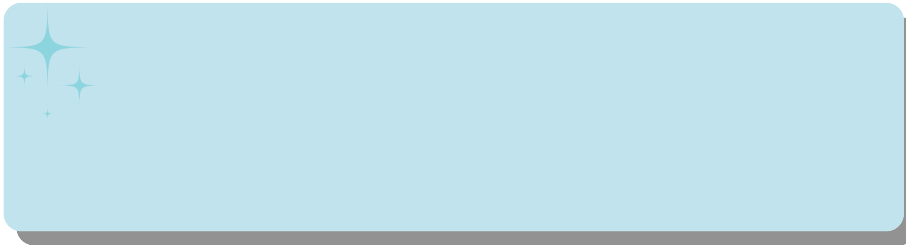
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Identifying

WHAT I'M FEELING

Date _____

Emotions that I think I might be feeling:



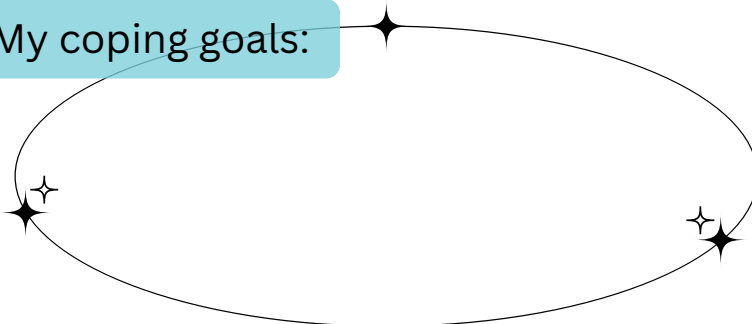
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What has happened recently that could be causing these feelings?

The coping methods I've been trying:

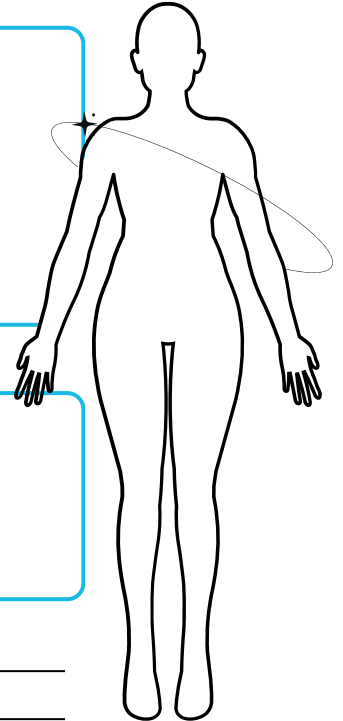
My coping goals:



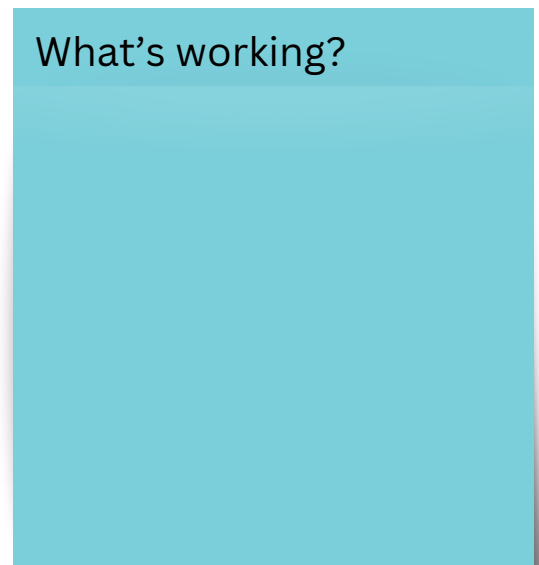
Color where you are feeling these sensations

Colors:

Notes:



What's working?



Date _____



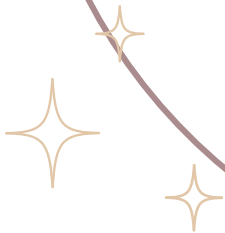
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Things within my
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What things outside your control have been taking up the most energy"

What things inside your control could make a difference today?

Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself
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What small actions can I make this week?

What I'll Do Next...

Repeat this Mantra

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10 Minute Meditation

Prepare your space for meditation. Remove distractions and/or play some meditation music or calm nature sounds in the background. Set a timer if needed.



Find a comfortable position, close your eyes, and take a few deep breaths to relax. Imagine a warm and radiant light at your heart center, slowly expanding to surround your entire body. Feel the gentle warmth spreading, soothing any tension or discomfort in your body from the inside outward. Stay present in this moment, embracing the comforting light, and notice your muscles relaxing, and warming. Use your breath as an anchor to the present as you did in the first meditation, letting go of distractions. Express gratitude for this peaceful moment. As you reach the end of your meditation slowly open your eyes, take a few more breaths, and return to your day, carrying the warmth and light with you.

Specific challenges or stressors in my life that I'd like to address with mindfulness and presence?

What practical steps can you take to stay more present?

How am I feeling after the meditation?



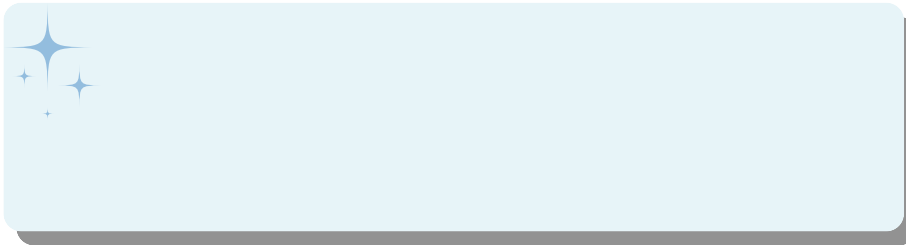
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Identifying

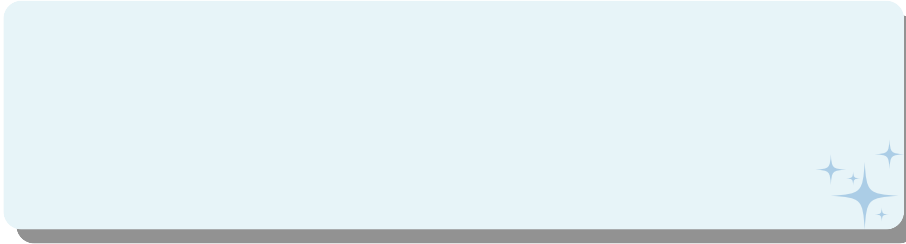
WHAT I'M FEELING

Date _____

Emotions that I think I might be feeling:



What sensations am I feeling in my body?

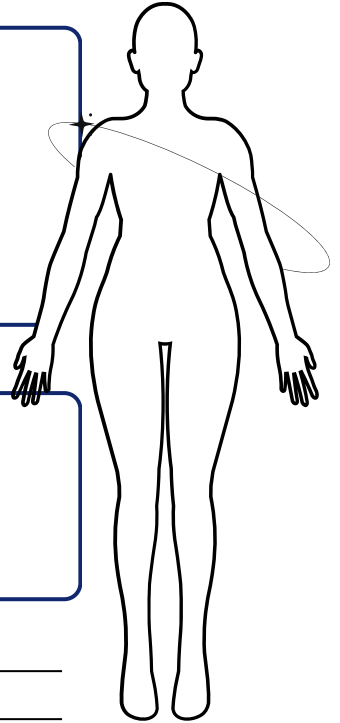


What has happened recently that could be causing these feelings?

Color where you are feeling these sensations

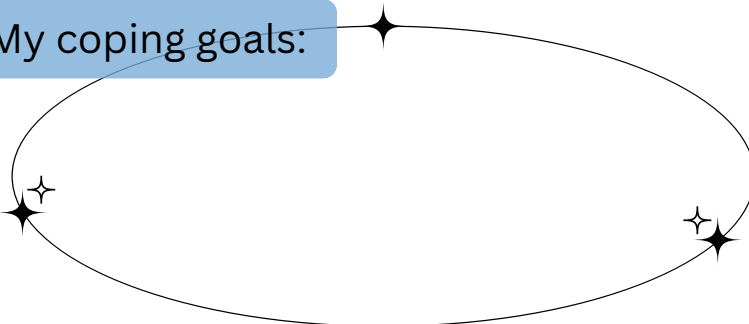
Colors:

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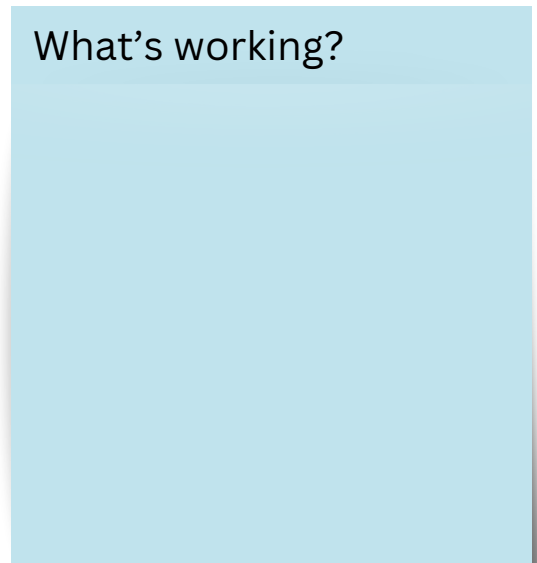


The coping methods I've been trying:

My coping goals:



What's working?



Date _____



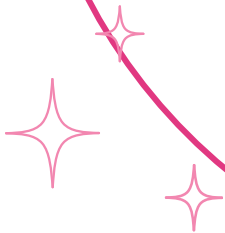
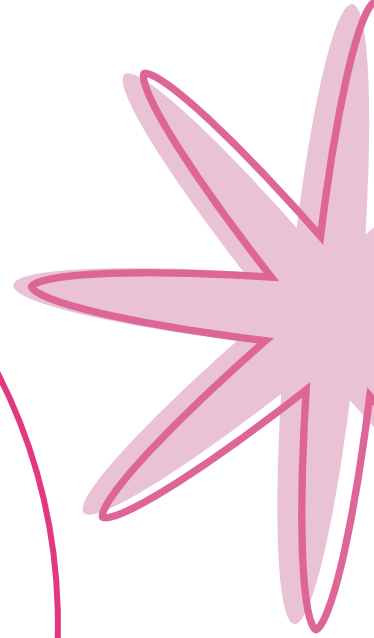
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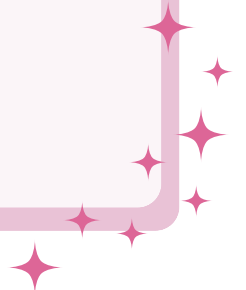
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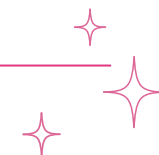
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Get more from www.thecoloredsoul.com

Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself
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What small actions can I make this week?

What I'll Do Next...

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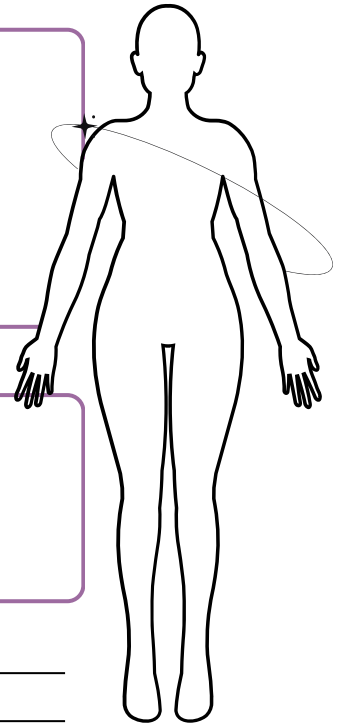


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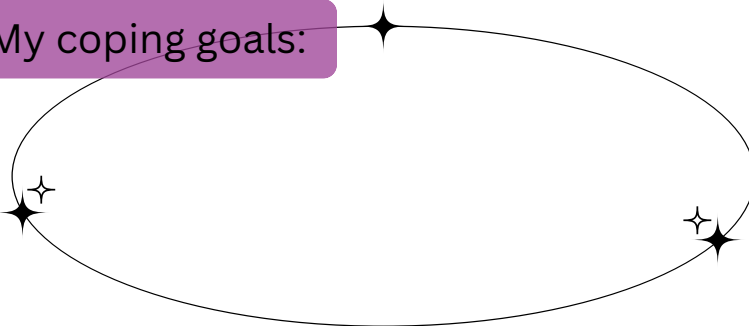


What sensations am I feeling in my body?

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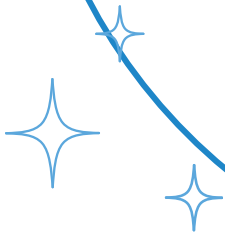
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Lay comfortably on your back with one hand on your belly and the other on your chest. Close your eyes and take a deep breath, pulling the air into your belly first, feeling your belly rise, and keeping your chest still. Keep your shoulders still and relaxed while breathing into your belly. Settle into your body, feeling the support of the ground, and feeling the stress melt from your body with each deep breath. Breathing in through your nose feel your belly expand like a balloon with each breath and gently hold your breath for a moment at the height of each inhale. Inhale warmth, calmness, and relaxation with each breath, while exhaling stress and tenseness from every portion of your body. When you're ready to finish, slowly bring your awareness back to the room. Take a moment to notice how you feel after this meditation. Carry this sense of calm and relaxation with you as you go about the rest of your day.

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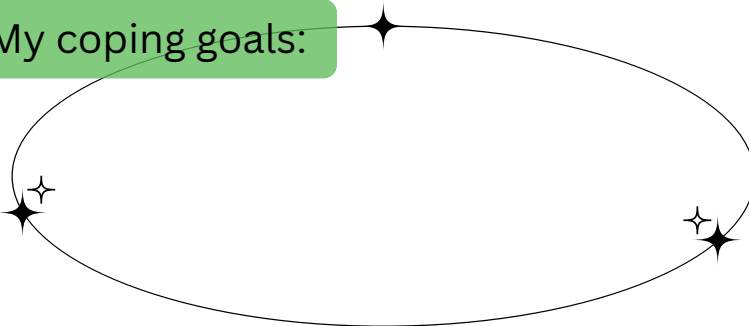
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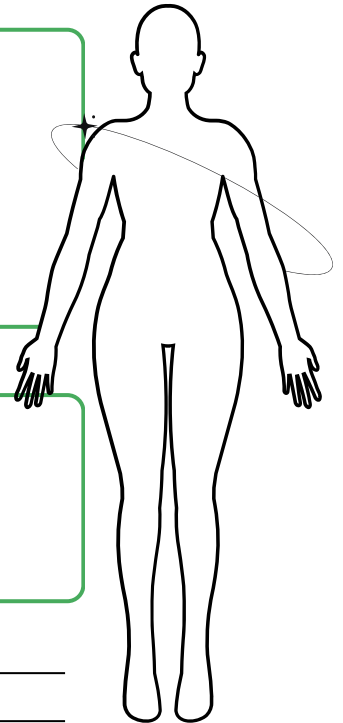
My coping goals:



Color where you are feeling these sensations

Colors:

Notes:



What's working?

Date _____



HANDLING Worry

Worrying is a natural part of the human experience, but it doesn't have to dominate our lives. Through this exercise, you'll learn to categorize your concerns, enabling you to direct your attention and actions towards what you can actually influence, while learning to release what is beyond your grasp. This practice not only alleviates unnecessary stress but also empowers you to make meaningful changes in your life and mindset.

The Sphere of Influence and Acceptance

Everything outside of
my control

Things within my
control



I understand that I need to accept that I cannot change:



What things outside your control have been taking up the most energy"

What things inside your control could make a difference today?

Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself
----------------------	--------------------	-----------------	-------------------------

What small actions can I make this week?

What I'll Do Next...

Repeat this Mantra

"I release what I cannot control, and focus on what I can."

10 Minute Meditation

This meditation doesn't require a quiet space. Manifesting things that you desire or need can be done in any situation or place. It reflects on imagining that you already have what you're hoping to manifest.



Begin by focusing on your heart, feeling a sense of warmth and lightness there. Reflect on the things you are grateful for in your life, big or small. With each breath, feel a sense of gratitude expanding, filling your entire being. Now, visualize a goal you wish to manifest. See it clearly in your mind, as if it's already happening. Feel the emotions associated with achieving this goal - joy, pride, fulfillment. Hold onto this feeling, knowing that what you focus on expands. As you continue to breathe, repeat to yourself, "I am grateful for my abundance, and I confidently manifest my goals." Feel the truth of these words in your heart. Take a few deep breaths, feeling gratitude and confidence filling you. When you're ready, gently open your eyes, carrying this sense of gratitude and purpose with you into your day.

What are some things that you want to manifest?

Write down what your life would look like if you already had what you're trying to manifest.

How am I feeling after the meditation?



What intentions or goals can you set for yourself moving forward?

Identifying

WHAT I'M FEELING

Date _____



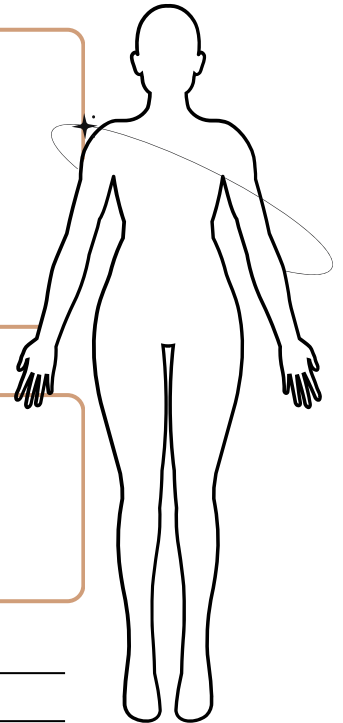
Emotions that I think I might be feeling:

✦ ✦ ✦

Color where you are feeling these sensations

Colors:

Notes:



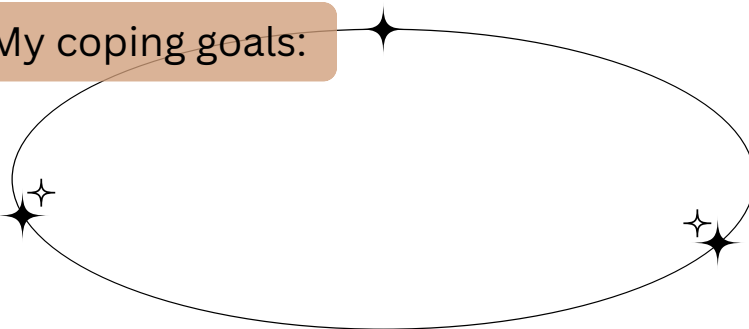
What sensations am I feeling in my body?

✦ ✦ ✦

What has happened recently that could be causing these feelings?

The coping methods I've been trying:

My coping goals:



What's working?

Date _____



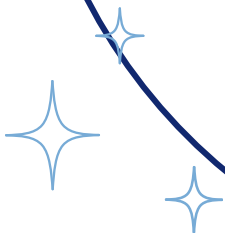
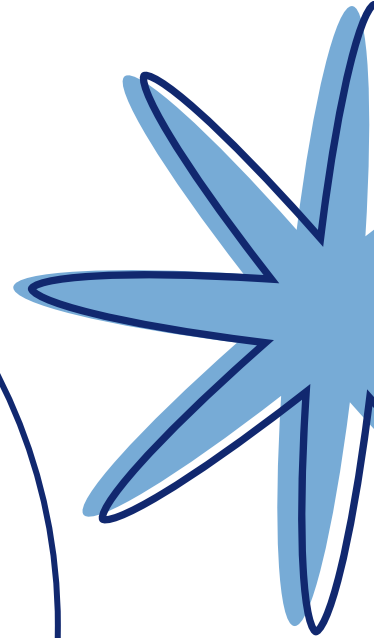
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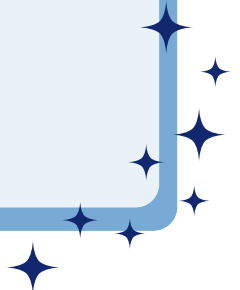
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Mini Action Plan

What I can influence	My next small step	When I'll start	How I'll support myself
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What small actions can I make this week?

What I'll Do Next...

Repeat this Mantra

"I release what I cannot control, and focus on what I can."

10 Minute Meditation

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.



Begin by lying down, then close your eyes and take a slow, deep breath. Start by relaxing your toes, feel the tension leave from your toes, then let that relaxation spread up through your feet, and move to your calves. Feel your legs getting heavy and calm. Now, focus on your fingers and let them relax. Feel the relaxation move up your palms, then arms, making them feel light and at ease. Next, relax your shoulders, letting them drop away from your ears and toward the ground. Let this calm feeling flow down your back and into your chest, making your breath deep and steady. Finally, relax your neck and head. Let your jaw, cheeks, eyes, and forehead all soften. Feel your head become light and your mind peaceful. Take a moment to enjoy this deep relaxation. When you're ready, slowly open your eyes, feeling calm and refreshed.

Specific challenges or stressors in my life that I'd like to address with mindfulness and presence?

What practical steps can you take to stay more present?

How am I feeling after the meditation?



What intentions or goals can you set for yourself moving forward?

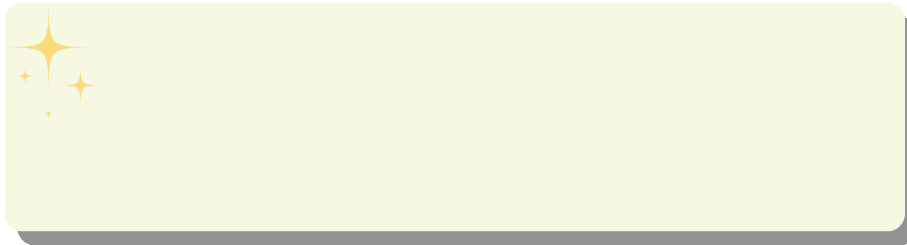
Identifying

WHAT I'M FEELING

Date _____



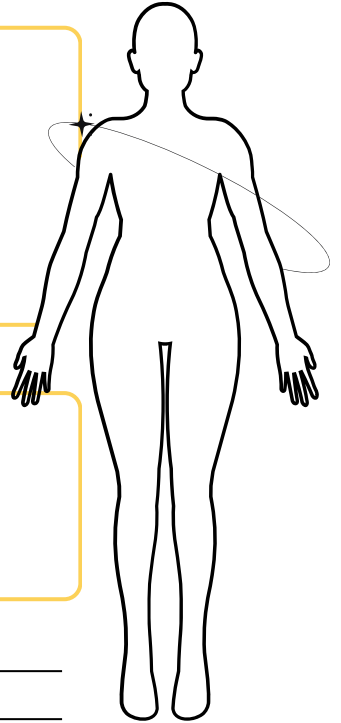
Emotions that I think I might be feeling:



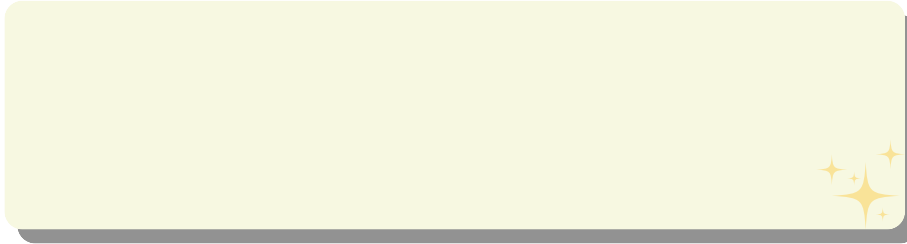
Color where you are feeling these sensations

Colors:

Notes:



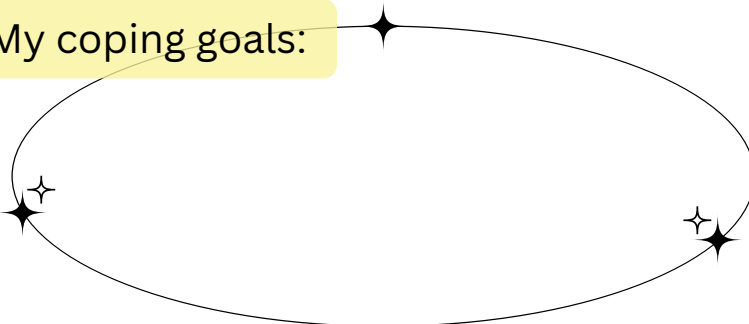
What sensations am I feeling in my body?



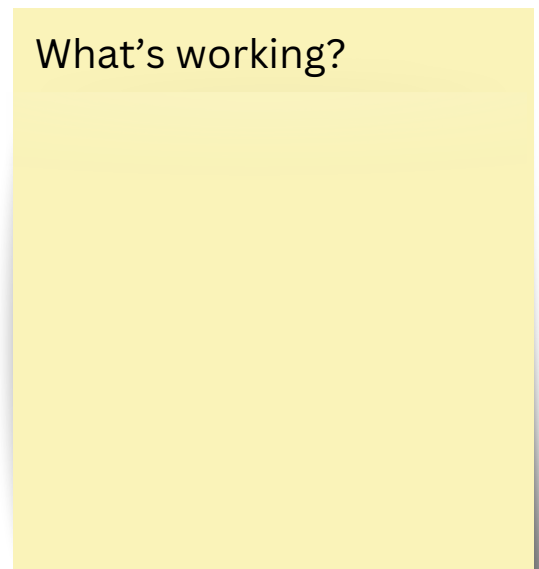
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The coping methods I've been trying:

My coping goals:



What's working?



Date _____



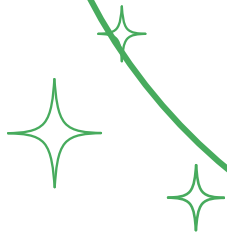
HANDLING *Worry*

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