

Calm Body, Train Mind Resource Pack

Blended tools for anxiety regulation and skills practice.

Body first

- 4 7 8 breathing: inhale 4, hold 7, exhale 8, repeat 4 cycles.
- Progressive muscle relaxation from toes to head.
- Cold water face splash or holding an ice cube for 20 seconds to trigger dive reflex.

Train the mind

- Name five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.
- Thought record: situation, feeling, helpful alternative thought.
- Worry time container: schedule 10 minutes, write everything down, close notebook.

Support network and next steps

- Share strategies with friends or carers so they can coach you through them.
- Track techniques that help in a quick log to spot patterns.
- Seek professional input if anxiety interferes with sleep, work or relationships.
- Bookmark NHS Every Mind Matters and Anxiety UK for evidence based guidance.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.