

# Finding Calm — Part 2: Shifting Thoughts & Finding Focus

Simple tools to help your mind slow down



# When your thoughts won't stop

Anxiety often feeds on "what if?" questions. Instead of trying to fight these thoughts, we can learn to observe them and reduce their intensity.

It grows louder when we try to fight it

# Step 1 – Name what's happening

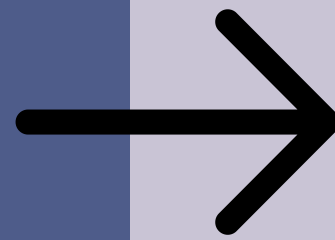
- Say it: "I'm noticing a worry about..."
- Label it: thought  $\neq$  fact.
- Pause for a breath before reacting



Naming reduces intensity

## Step 2 — Try a softer question

“What if everything goes wrong?”



“What if I can handle this?”

## Step 3 — Come back to *now*

Look around and name:

- 3 things you see
- 2 things you hear
- 1 thing you feel

These tools are skills you can practice anytime. You are not alone in this.

## Works Cited — Part 2

- American Psychological Association (2023). Cognitive Techniques for Anxiety.
- Beck, J. (2020). Cognitive Behavior Therapy Basics.
- NIMH (2022). Grounding and Mindfulness Tools.

*(Adapted for Rah-e-Azm educational use.)*

