

Finding Calm: 2-Step Guide to Managing Anxiety

Calming the Body & Mind



When anxiety shows up

When anxiety shows up, it can feel overwhelming. It's your body's alarm system, and it can bring a racing heart, tense muscles, and fast, looping thoughts.

When this happens, you don't need a complex explanation. You need simple tools. Here are three steps you can take right now to find calm.



Step 1 – Calm your body

Diaphragmatic breathing

- Inhale through the nose for 4 counts.
- Hold briefly.
- Exhale through the mouth for 6 counts.



Try 4–6 breaths, repeat until calmer

Step 2 – Releasing tension

Progressive Muscle Relaxation

- Tense each muscle group for 5 sec → then relax for 30 sec
- Start at your feet and move up to your face.
- Notice the feeling of “letting go.”

*Evidence shows
relaxation training
consistently reduces
anxiety symptoms*

Why this works

	Regulates heart & breath	Your nervous system slows down.
	Signals safety to the brain	Calms the “fight or flight” response.
	Gives immediate control	You can influence your body’s state.

Part 1 • See Part 2 for skills to shift thoughts

Works Cited — Part 1

- American Psychological Association. (2023). Understanding anxiety and its management
- National Institute of Mental Health. (2022). Anxiety Disorders.
- Hofmann, S. G., et al. (2012). The efficacy of CBT: A review. Cognitive Therapy and Research.

(Adapted and summarized for Rah-e-Azm educational use.)

