



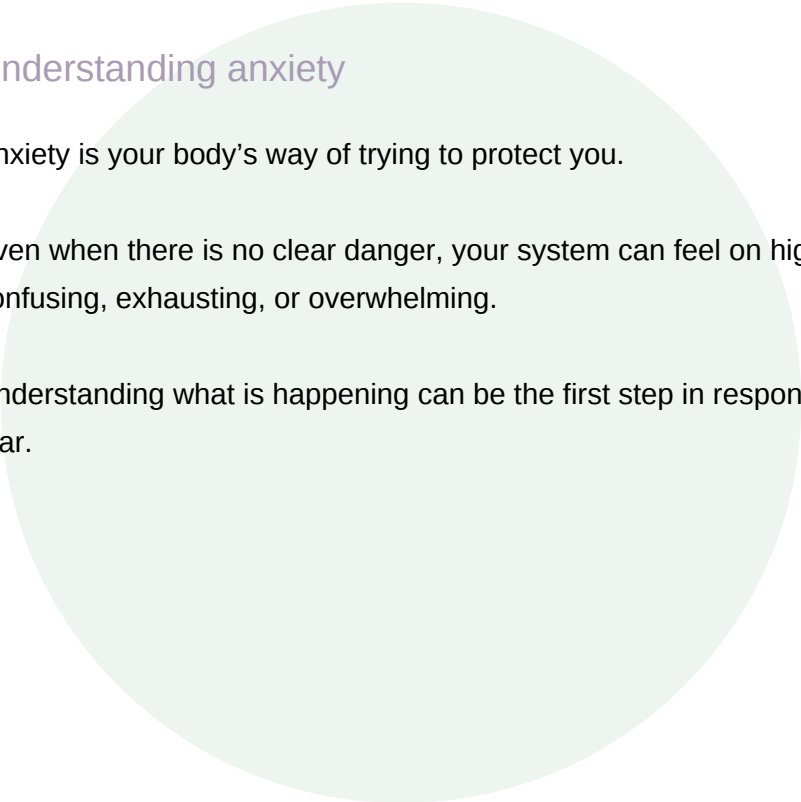
A Gentle Guide for Anxiety

This space has been created for you to pause, breathe, and gently begin to understand what you are experiencing.

There is no pressure here. You can move slowly, return when you need, or simply take one small part that feels helpful.

Each page offers gentle support—nothing to get right, just something to experience.

Take your time. You are allowed to go at your own pace.



Understanding anxiety

Anxiety is your body's way of trying to protect you.

Even when there is no clear danger, your system can feel on high alert. This can feel confusing, exhausting, or overwhelming.

Understanding what is happening can be the first step in responding with care rather than fear.

Understanding Anxiety



The Anxiety Cycle

Anxiety can create a cycle. Understanding it is the first step to gently breaking it.

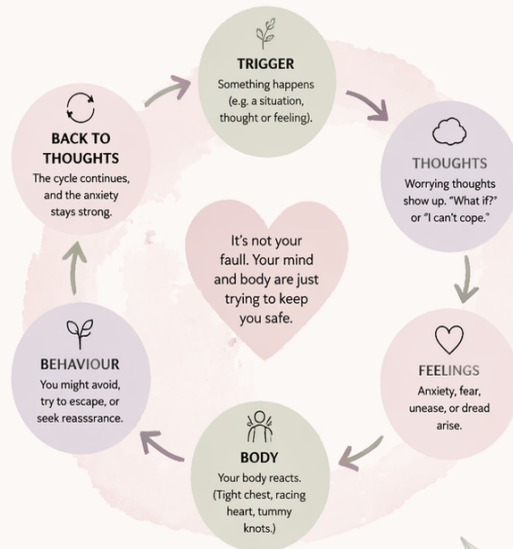
Anxiety is your body and mind's natural response to feeling unsafe or under threat.

It's your inner alarm system trying to protect you. The problem is, sometimes that alarm keeps going even when the danger has passed or isn't actually there.

When this happens, anxiety can start to take up a lot of space in your life. You might feel overwhelmed, exhausted, or like you're always on edge.



The good news?
Anxiety is understandable, and with the right support, it can become more manageable.



WHAT THIS MEANS FOR YOU

Anxiety isn't a sign of weakness. It's just a cycle your mind and body are stuck in right now.

By learning how this cycle works, you can start to gently interrupt it – one small step at a time.

A gentle reminder... ♥

You don't have to break the whole cycle today. Even small moments of awareness, calm, or self-kindness can create a shift.

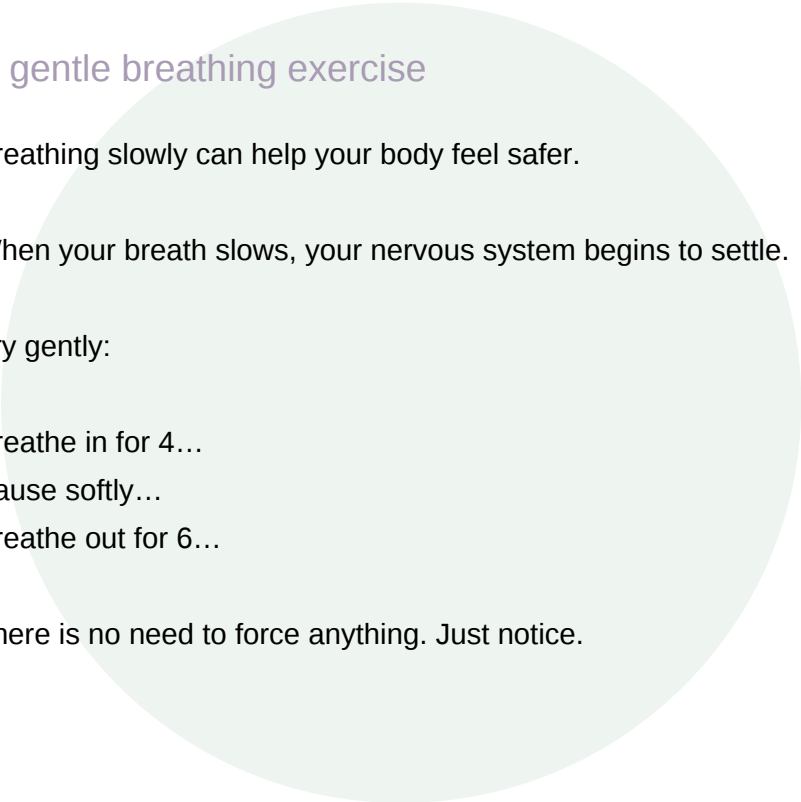
You're already taking a positive step by being here.



There is hope. With support, understanding and small steps, anxiety can feel less overpowering.

You can feel more like yourself again.

♥ I'm glad you're here – KD Therapies



A gentle breathing exercise

Breathing slowly can help your body feel safer.

When your breath slows, your nervous system begins to settle.

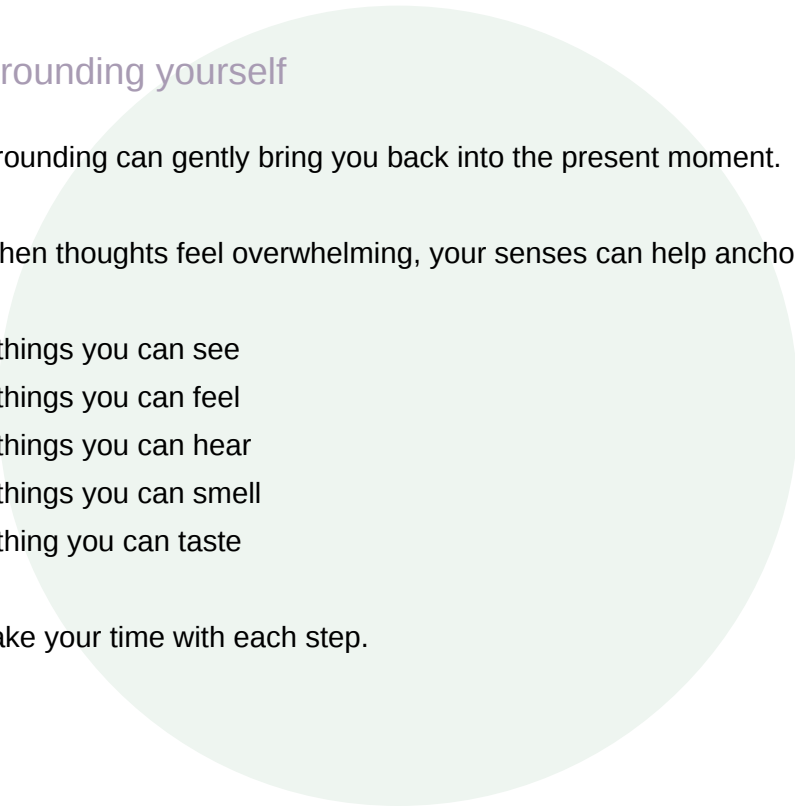
Try gently:

Breathe in for 4...

Pause softly...

Breathe out for 6...

There is no need to force anything. Just notice.



Grounding yourself

Grounding can gently bring you back into the present moment.

When thoughts feel overwhelming, your senses can help anchor you.

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

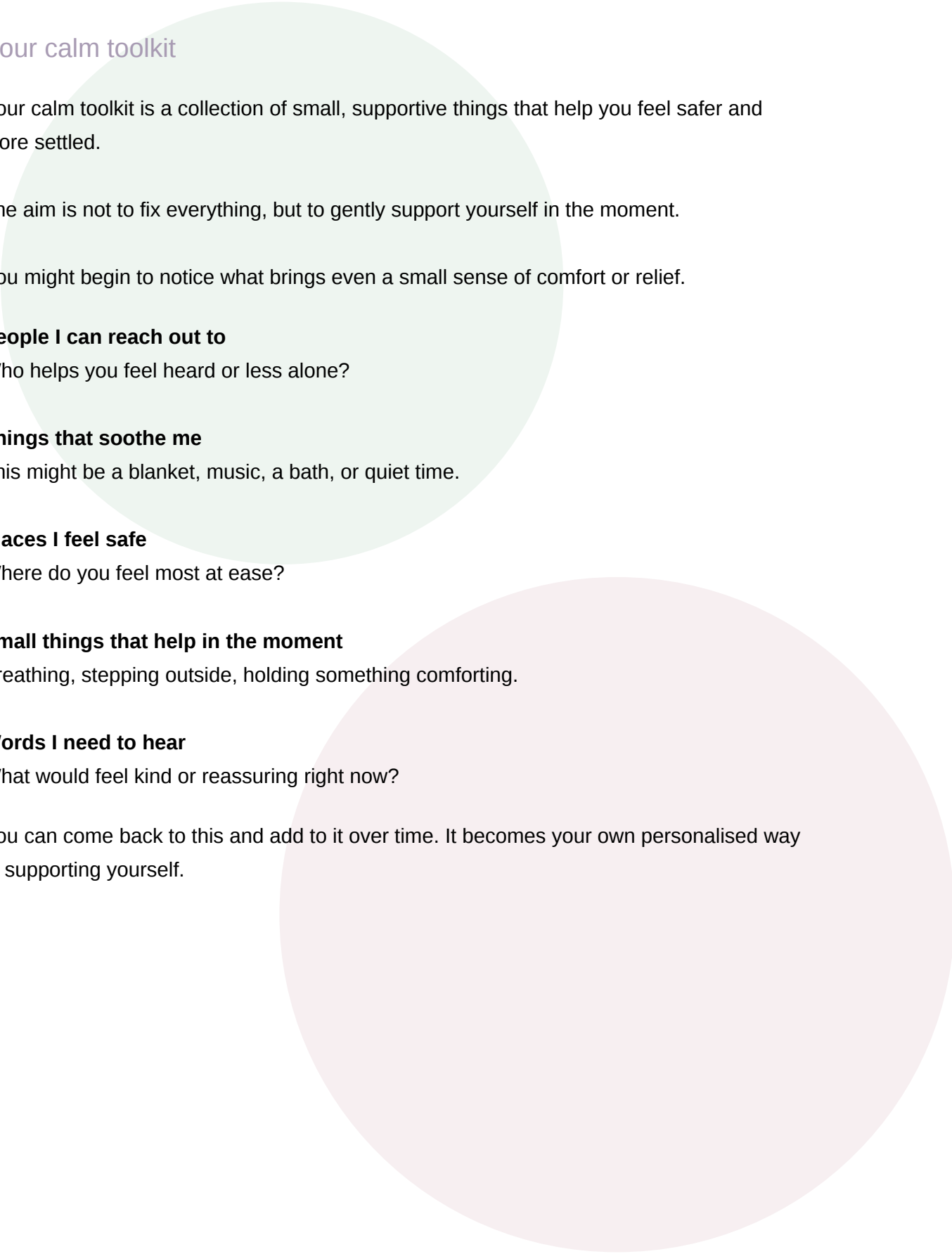
Take your time with each step.

Gently noticing your thoughts

This is a space to gently explore what is happening for you.

You don't need to get this right. Just be curious and kind.

Situation (What was happening?)	Thought (What went through your mind?)	Feeling (What did you notice?)	Kinder Thought (What would you say to a friend?)



Your calm toolkit

Your calm toolkit is a collection of small, supportive things that help you feel safer and more settled.

The aim is not to fix everything, but to gently support yourself in the moment.

You might begin to notice what brings even a small sense of comfort or relief.

People I can reach out to

Who helps you feel heard or less alone?

Things that soothe me

This might be a blanket, music, a bath, or quiet time.

Places I feel safe

Where do you feel most at ease?

Small things that help in the moment

Breathing, stepping outside, holding something comforting.

Words I need to hear

What would feel kind or reassuring right now?

You can come back to this and add to it over time. It becomes your own personalised way of supporting yourself.



A gentle reminder

You are doing the best you can.

Small steps count.

You don't have to do this all at once.