



Mindfulness & Presence Practices for Anxiety

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Anxiety can appear slowly or suddenly — in the body, the mind, or the heart. These short practices are invitations to **pause, reconnect with yourself, and remember the deeper steadiness that is always available within you.**

They combine **evidence-based mindfulness strategies** with gentle spiritual awareness to help you cultivate presence, self-compassion, and inner guidance. Even a moment of mindful attention can support your nervous system and reconnect you to your own sense of calm and strength.

Breath: Returning to Presence

Physiological Sigh (30–60 seconds)

- Inhale slowly through your nose.
- Take a second, gentle sip of air.
- Exhale slowly through your mouth.
- Repeat 2–3 times.

You might silently say:

"I am here. I am safe enough in this moment."

This helps calm the body's stress response and invites your awareness back to the present.

Longer Exhale Breathing (1–3 minutes)

- Inhale for 4 counts
- Exhale for 6–8 counts.

Visualize the exhale as a release of tension, creating space for clarity and calm.

Hand-on-Belly Breathing (1–2 minutes)

- Place one hand on your chest, one on your belly.
- Feel the gentle rise and fall of your breath.

This is a way to come **home to yourself** and sense the quiet presence within.

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Grounding: Returning to the Here-and-Now

5-4-3-2-1 Grounding (2-3 minutes)

Gently notice:

- 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.

As you do this, you might notice a sense of **connection to the moment and to life as it unfolds**.

Temperature Reset (30-90 seconds)

- Hold something warm or cool, or splash cool water on your face.

Let the sensation **anchor you in the present moment**.

Sound Anchoring (1 minute)

- Choose one sound around you.
- Listen fully, letting it guide your attention back to the present.

Body Awareness: Listening to Your Wisdom

Mini Body Scan (2-3 minutes)

Bring attention to:

Feet → legs → torso → shoulders → jaw

Notice tension without judgment and invite softness.

Consider this a moment to listen **to what your body is asking for** and honour its wisdom.

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Grounding Through the Feet (1 minute)

- Press your feet into the floor and feel the support beneath you.

You might imagine **roots extending into the earth**, bringing steadiness, strength, and Grounding.

Shoulder Drop (30 seconds)

- Inhale and gently lift the shoulders.
- Exhale and let them fall.
- Repeat 2–3 times.

Feel the **letting go of what no longer serves you**, even for this moment.

Mindful Awareness of Thoughts

Name the Experience (30 seconds)

Silently acknowledge:

"This is anxiety."

"This is a moment of discomfort."

Naming the Experience **creates space between you and the thought**, allowing inner guidance to emerge.

Thoughts as Passing Visitors (1–2 minutes)

- Notice thoughts as mental events, not truths.
- Imagine them floating by like clouds or leaves on a stream.

You are the observer — **anchored in presence and calm**.

One Gentle Question (30 seconds)

Ask softly:

"What is true for me right now, in this moment?"

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💛 Self-Compassion: Meeting Yourself with Kindness

Hand on Heart (30–60 seconds)

Place a hand on your chest and offer words of care:

"This is hard."

"I am allowed to feel this."

"I am here with myself."

Common Humanity Reminder (30 seconds)

Silently reflect:

"Others feel this too."

"I am not alone."

Recognizing shared human Experience **brings a sense of connection and spiritual comfort.**

🚶 Mindful Movement: Presence in Motion

Slow, Intentional Walking (2–5 minutes)

- Walk at a comfortable pace.
- Notice each step and the shift of your weight.
- You may consider each step as a **small act of presence, gratitude, or reflection.**

Tense and Release (1–2 minutes)

- Gently tense a muscle group
- Release and notice the difference.
- Allow the body to **release what is ready to let go.**



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A Gentle Reminder

You do not need to make anxiety disappear for these practices to be helpful. Healing often begins by **turning toward yourself with awareness, patience, and care**, and by recognizing the presence, strength, or wisdom already within you.

- Choose one or two practices that feel most supportive.
- Practice during calm moments to make them easier to access during stress.
- Let consistency be gentle, not perfect.

These practices are **tools to support well-being, presence, and inner guidance**. They are not a substitute for professional care — reach out if anxiety feels overwhelming or persistent.

