

5 Ways to Calm Anxiety Tonight

A gentle, printable guide from Lori M Hamilton, LISW-S, LCSW

When anxiety shows up, your body is trying to protect you. These five simple practices help signal that you are safe, so your mind and body can settle. Try one tonight. There is no wrong way to do this.

1. Breathe in a square

Breathe in for 4 counts, hold for 4, out for 4, hold for 4. Trace the four sides of a square with your eyes or finger as you go. Repeat four times. Slowing the exhale tells your nervous system it is safe to relax.

2. Come back with your senses

Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell, and 1 you can taste. This pulls your attention out of racing thoughts and back into the present moment.

3. Name it to tame it

Put words to what you feel: "This is anxiety," or "I feel worried and tense." Naming an emotion softens its grip and reminds you that a feeling is something you are having, not something you are.

4. Feel your feet

Place both feet flat on the floor. Notice the weight of your body in the chair, the ground beneath you holding you up. Let your shoulders drop. You are here, and you are supported.

5. Take one small, kind step

Ask, "What is one small thing that would help right now?" A glass of water, a text to someone safe, a short walk, an earlier bedtime. Progress is built from small, gentle steps, not giant leaps.

You do not have to do this alone

These tools can steady a hard moment, and ongoing support can help you feel more like yourself again. Lori offers a free 15-minute consultation, in person near Youngstown or online across Ohio and New Jersey.

Call for your free 15-minute consultation: (330) 557-9143

If you are in crisis or thinking about harming yourself, please reach out right now: call or text **988** (Suicide & Crisis Lifeline), or call 911 in an emergency. This guide offers general wellness tips and is not therapy or medical advice.