

5 Ways to Calm Your Mind When Worry Takes Over

Worry can take over your thoughts and make it hard to focus or relax. These five practical strategies can help you feel calmer and more in control.



Mindful Breathing

Why it helps: Slows your racing thoughts and centers your mind.

Try this:

- Inhale through your nose for 4 counts
- Hold for 4 counts
- Exhale through your mouth for 6 counts.
- Repeat for a few minutes, noticing your breath and letting tension fade.



Ground Yourself

Why it helps: Brings your attention back to the present.

Try this 5-4-3-2-1 exercise:

- 5 things you see
- 4 things you touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Notice how your body feels—your feet on the floor, your hands resting.



Challenge Your Thoughts

Why it helps: Stops worry from spiraling.

Try this:

- Ask: "Is this thought true? Is it helpful?"
- Consider alternative perspectives.
- Focus on what you can control, not what you can't.



Move Your Body

Why it helps: Releases tension and anxious energy.

Try this:

- Take a walk, stretch, or do gentle yoga
- Even small movements like shoulder rolls or stretching your arms help your mind feel lighter.



Remember

Calm doesn't mean your mind will be empty of thoughts—it means you have tools to manage them.