



Stop the Anxiety Spiral™

When anxious thoughts keep building,
use these steps to return to what is happening now.

1



1. INTERRUPT THE LOOP

Say: My mind is spiraling. I can pause before following the next thought.

2



2. ORIENT TO THE PRESENT

Name where you are, what time it is and three things you can see.

3



3. CHECK THE FACTS

WHAT I KNOW

What is actually
happening right now?

WHAT I AM PREDICTING

What am I afraid
might happen?

4



4. SHRINK THE TIME FRAME

Ask: What do I need for the next ten minutes?

5



5. CHOOSE ONE STEADYING ACTION

Drink water, step outside, move gently, reduce stimulation
or contact someone you trust.



GET MORE SUPPORT NOW

Seek urgent help for severe chest pain, fainting, major breathing
difficulty or thoughts of harming yourself.

GENTLE REMINDER

You do not have to settle every worry
before you can care for yourself in this moment.