

*The*  
Mental Wealth Co.

ANXIETY & STRESS · MENTAL WEALTH LIBRARY

---

# The Anxiety Toolkit

*Understanding, working with, and softening the anxious mind.*

A FREE RESOURCE · [THEMENTALWEALTHCO.COM](https://thementalwealthco.com)

# Hello,

---

Anxiety is one of the most common things I see in therapy, and one of the most misunderstood. It is not a personality flaw. It is not weakness. It is not a problem to be solved with willpower.

This toolkit walks through the shape of anxiety, why it lingers, and a handful of practical tools you can actually use — in a meeting, in traffic, in bed at 2am — when your nervous system is trying to keep you 'safe' from something that isn't a real danger.

None of this is a substitute for therapy or medical care. It is a starting place — and, for many people, a real one.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

# What anxiety actually is

---

Anxiety is your body doing exactly what it evolved to do — scanning for threat and preparing you to respond — but in a modern context where the 'threat' is often a text message, a meeting, or a memory.

## The body's version

- Racing heart, shallow breath, tight chest.
- Restlessness, tension, trouble sleeping.
- Stomach discomfort, headaches, muscle aches.
- Feeling wired and exhausted at the same time.

## The mind's version

- Constant scanning for what could go wrong.
- Playing conversations on loop.
- 'What-if' thinking that spirals.
- Difficulty concentrating on what's actually in front of you.

## Why it keeps happening

Every time we try to escape a feeling entirely, our nervous system learns: 'that was dangerous — we should avoid it.' Working with anxiety is less about getting rid of it and more about building a different relationship with it.

# Before we begin

---

*You are not broken because your body has an alarm system.*

A few things worth remembering before you use any of the tools in this workbook:

- Anxiety lies about how long it will last.
- Anxiety lies about how bad the outcome will be.
- Your job is not to feel calm. Your job is to stay with yourself.
- Reaching for support is not proof that anxiety won. It's proof that you didn't face it alone.

If your anxiety is severe, persistent, or interfering with your daily life, please reach out to a licensed clinician. This toolkit is a companion, not a replacement.

# Tool 1 · Name it to tame it

---

Naming a feeling briefly activates parts of the brain that help regulate it. It's small, boring, and effective.

## How to use it

- Notice: 'I'm feeling anxious right now.'
- Add specificity: 'It's showing up as a tight chest and a racing mind.'
- Ask: 'What might this anxiety be trying to protect me from?'
- Thank it. Yes, really. Then keep going with your day.

## Tool 2 · The 90-second reset

---

Most acute waves of anxiety physically peak and pass in about 90 seconds — if we don't feed them with new thoughts.

### How to use it

- Set a timer for 90 seconds.
- Sit still. Feel your feet on the floor. Slow your exhale.
- When a scary thought shows up, gently label it 'thinking' and return to breath.
- When the timer ends, notice: something shifted, even if it's small.

## Tool 3 · The worry window

---

If anxious thoughts are running your day, give them a scheduled home. It sounds silly. It works.

### How to use it

- Pick a 15-minute window later in the day. Same time every day.
- When a worry shows up outside the window, jot it down and gently defer it.
- In the window, read through your list. Some worries will look smaller. Some will lead to real actions. Both are useful.
- When the window ends, close the notebook.

# Tool 4 · Reality-checking a thought

---

Anxious thoughts feel like facts. They're not.

How to use it

- Write down the thought as literally as possible.
- Ask: 'What's the evidence for this?'
- Ask: 'What's the evidence against?'
- Ask: 'If a friend told me this thought, what would I say back?'
- Rewrite the thought in a more accurate — not more positive — way.



# Tool 5 · Move the energy

---

Anxiety is stored energy. Sometimes the body needs to spend it before the mind can settle.

## How to use it

- Walk for ten minutes at a brisk pace.
- Shake out your hands, arms, and shoulders for 60 seconds.
- Do a set of jumping jacks, push-ups, or wall pushes.
- Notice how you feel afterward, without judging it.

## Tool 6 · A soft landing at night

---

Nighttime anxiety is real. Give your body signals that it's safe to rest.

### How to use it

- Same wind-down time each night, when possible.
- Dim lights an hour before sleep. Phone in another room, if you can.
- Lengthen your exhale for a few minutes: in for 4, out for 6.
- If your mind is racing, keep a notebook by the bed. Write, then close it.

# Your anxiety plan

---

*Fill in your own toolkit. Keep it somewhere accessible.*

My most common anxiety triggers:

---

---

The signal my body sends first when anxiety is rising:

---

---

Two tools from this workbook I'm most willing to try:

---

---

One person I can text when I need help:

---

---

One phrase I can say to myself in a hard moment:

---

---

# A gentle note.

---

This resource was created by The Mental Wealth Co. for educational and informational purposes only. It is not a substitute for individualized mental health care, diagnosis, or treatment, and using it does not create a therapist-client relationship.

If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

You are welcome to print this resource for your own personal use, for your household, or — if you are a professional — for the individual clients you work with. Redistribution or resale requires written permission.

With warmth,  
The Mental Wealth Co.