



The SHRINK-MD Anxiety Reset

A simple guide for moments of anxiety and overthinking

Anxiety often starts in the body and then pulls the mind into worry and overthinking. This reset helps interrupt that cycle when it begins. You don't need to do every step perfectly. Start where you can.

S — Slow the body first

- Breathe in slowly.
- Let your exhale last slightly longer than your inhale.
- Drop your shoulders.
- Unclench your jaw.
- Even one or two minutes helps your nervous system settle.

H — Hold to the present

- Feel your feet on the floor.
- Notice the temperature around you.
- Look around and name a few objects you see.
- Anxiety lives in “what if.” The present moment is usually safer.

R — Reality check the thought

- Ask: Is this a fact, or is this a prediction?
- Facts are what you know for sure.
- Predictions are what anxiety fills in.
- Labeling thoughts helps them lose intensity.

I — Interrupt rumination

- Say: This is my anxiety looping.
- Shift attention to something physical or neutral.
- You're choosing not to rehearse fear.

N — Name the feeling

- I feel anxious.
- I feel overwhelmed.
- I feel scared.
- Naming emotions lowers intensity.



K — Keep the emotion, drop the story

- Let sensations exist without conclusions.
- Anxiety can be uncomfortable without being dangerous.
- You don't need to decide what it means.

M — Move intentionally

- Stand up.
- Stretch.
- Take a slow walk.
- Change posture.

D — Decide the next small step

- Drink water.
- Send one message.
- Return to your task.
- Take a short break.

With practice, most people notice shorter spirals, faster recovery, less fear of anxiety itself, and more confidence moving forward. Progress is gradual and real.

Anxiety is part of being human. The goal isn't to eliminate it but to respond in a way that keeps it from taking over.

If suicidal thoughts are present

If you are in the United States, call or text **988** for the Suicide & Crisis Lifeline.

If you are in immediate danger, call **911** or go to the nearest emergency room.

You do not have to manage that alone.

If This Isn't Enough Today

The Panic Reset is a coaching tool.

It's not a substitute for medical or mental health care.

If panic attacks are frequent, worsening, causing avoidance, or making daily activities difficult, professional treatment can greatly reduce symptoms and speed recovery.

This handout is for general educational purposes only.

It does not provide medical advice and does not establish a doctor-patient relationship.

If you have concerns about your mental health or symptoms, please seek care from a qualified healthcare professional.

Panic is very treatable.

Most people improve significantly with the right support.