



Kind Compass Coach

Quick Anxiety Relief Techniques

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4-7-8 Breathing: Step-by-step: inhale for 4 seconds, hold 7, exhale 8. Emotional benefit: slows heart rate, signals safety.

5-4-3-2-1 Grounding: Engage five senses to anchor in the present. Variations: touch a textured object, sip cool water.

Movement Breaks: Simple stretches at your desk or a 1-minute walk. How movement resets adrenaline and eases tension.

Mindful Visualization: Guided “safe place” imagery or color-breathing practice. Use spare moments (waiting in line, on hold).

Self-Compassion Pause: Place hand on heart, speak a kind phrase (“I’m here for myself”). Cultivates inner warmth and reduces self-judgment.