

Anxiety Toolkit: Anxiety happens when
you try to control everything.

–Coach Gayathri Murukan





**Hi, I'm Gayathri Murukan, your Mindset transformation Specialist.
Welcome to the Anxiety toolkit.**

Anxiety touches more lives than we often realize. It's quietly shaping our thoughts, our decisions, and how we see ourselves. But anxiety isn't a flaw. It's a signal or a call for deeper safety, clarity, and self-trust.

Through this toolkit, my mission is to help you understand your anxiety with compassion, not judgment and to give you simple, powerful tools to find your way back to calm.

You have the strength within you. Let's rediscover it, together.

SECTION 1: Anxiety

WHAT ANXIETY REALLY IS?

“Anxiety isn’t who you are. It’s an emotion moving through you, asking to be seen, not feared.”
Anxiety is not weakness.

It’s your mind trying sometimes clumsily to protect you.
But protection rooted in fear often keeps you small.

I want you to remember this.

- ◆ Anxiety is a messenger, not a life sentence.
- ◆ You are not your anxious thoughts you are the observer of them.
- ◆ Calm isn’t something you find. It’s something you create, moment by moment.

REFLECTION PROMPT:

If your anxiety could talk, what do you think it would say it’s trying to protect you from?

SECTION 2: COMMON SIGNS OF ANXIETY

“Your body often whispers what your mind is shouting.”

How anxiety may show up:

- Overthinking every possibility.
- Physical restlessness or tension.
- Avoiding tasks out of fear of failing.
- Feeling overwhelmed by small decisions.
- Racing heart or shallow breathing.
- Expecting worst-case scenarios automatically.

REFLECTION PROMPT:

Which of these signs shows up most for you when you're anxious?

SECTION 3: RECOGNIZING YOUR TRIGGERS

“You cannot heal what you pretend doesn’t affect you.”

Common anxiety triggers:

- ◆ Uncertainty about the future
- ◆ Fear of judgment or failure
- ◆ Lack of control over outcomes
- ◆ Past traumas or unresolved emotions
- ◆ Constant comparison to others

REFLECTION PROMPT:

What situations tend to trigger your anxiety most often?
How can you prepare with compassion instead of panic?

SECTION 4: ANXIETY GROUNDING TECHNIQUES

“When your mind races ahead, bring your body back to now.”

Simple grounding practices:

5-4-3-2-1 Technique:

Name 5 things you see, 4 things you feel, 3 things you hear, 2 you smell, 1 you taste.

Deep Belly Breathing:

Inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. Repeat.

Cold Water Reset:

Splash cold water on your face to shift your nervous system.

Walk Barefoot:

Feel the earth and reconnect to now.

REFLECTION PROMPT:

Which grounding technique will you try the next time anxiety visits?

SECTION 5: AFFIRMATIONS FOR ANXIETY RELIEF

“Every calming word you say to yourself rewires your mind for peace.”

Repeat these softly when anxiety rises:

“This feeling is temporary. I am safe.”

“I can breathe through this.”

“I have survived my worst days — I can survive this moment.”

“My mind is learning to trust the present.”

“I let go of what I cannot control.”

REFLECTION PROMPT:

Which affirmation feels like an anchor you can hold onto today?

SECTION 6: ANXIETY RELEASE JOURNAL

“Empty your mind onto paper — it was never meant to carry so much.”

Journal prompts to process your feelings:

What is one thing making me anxious today?

Is this fear based on fact or imagination?

What can I control about this situation?

What would I say to a friend feeling like this?

What's one kind thing I can do for myself today?

BONUS PRACTICE:

Write a letter to your anxiety thanking it for trying to protect you, and kindly telling it you are safe now.

CONGRATULATIONS!

NEXT STEP — FINDING PEACE THROUGH CARE

“You are not failing by feeling anxious.
You are growing by learning how to respond to it.”

The CARE Program (Clarity, Awareness, Release, Empowerment) offers deeper tools to:

- ✓ Understand your emotional patterns
- ✓ Heal the roots of fear and anxiety
- ✓ Build inner calm and resilience
- ✓ Empower yourself with lasting peace

**You don't have to fight anxiety alone.
Let's create your new calm, together.**

Book a discovery call with me or sign on to the next CARE workshop happening soon.

Change is possible. It all begins from taking the first step

-Coach Gayathri

www.gayathrimurukan.com

[@coachgaya3m](https://www.instagram.com/coachgaya3m)