



THERAPY BEE GUIDE

A Five-Minute Reset for Anxious Moments

A gentle guide for when your mind will not slow down.

Anxiety | grounding | perspective | one small next step

*You do not have to solve every possible
future today.*

This guide offers five brief practices for making a little more room around an anxious moment. Move slowly. Use only what feels helpful.

THERAPY BEE

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Anxiety can make everything feel urgent. Thoughts may race ahead, the body may become tense, and even small decisions can feel overwhelming.

This short exercise is designed to help you pause, reconnect with the present moment, and decide what you need next.

You do not have to eliminate anxiety completely. The aim is simply to create a little more space around what is happening.

HOW TO USE THIS GUIDE

- ☐ Choose one step or move through all five.
- ☐ Pause, skip, or return later if something feels unhelpful.
- ☐ Write, speak, or simply notice your response.

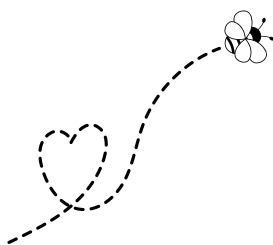
BEFORE YOU BEGIN

What helps me feel even a little more steady or supported?

Who or what can I turn to if I feel overwhelmed?

A GENTLE REMINDER

This resource is for reflection and education. It is not a crisis service or a substitute for individualised mental-health or medical care. Choose support that fits your needs and circumstances.



STEP 1

Name what is happening

Place both feet on the floor, if that feels comfortable, and complete this sentence:

"I am noticing anxiety about..."

Try to describe the experience without turning it into a judgement about who you are.

INSTEAD OF

"I am being ridiculous."

TRY

"I am noticing that I am worried about tomorrow's conversation."

Naming the experience can help separate what you are feeling from who you are.

A worried thought is not always a warning or prediction.

STEP 2

Return to your surroundings

Move slowly through the senses. There is no need to find a perfect answer.

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste - or one thing you appreciate in this moment

Let your attention rest briefly on each detail. This practice gently brings attention from imagined future situations back toward what is happening around you now.

STEP 3

Soften your breathing

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Take one unforced breath. Breathe in gently through your nose, if comfortable. Allow the exhale to be slightly longer than the inhale.

Repeat a few times without forcing unusually deep breaths.

"I do not have to solve everything in this moment."

STEP 4

Separate facts from fears

Use the two spaces below to distinguish the information you currently have from what anxiety fears may happen.

WHAT I KNOW

Example: "I have a meeting tomorrow at 10:00 a.m."

WHAT ANXIETY IS PREDICTING

Example: "I will make a mistake, everyone will judge me, and I will not recover."

Seeing the categories separately can help you recognise when anxiety is filling uncertainty with the worst possible outcome.

STEP 5

Choose one manageable action

“What would help me feel five percent more supported right now?”

Your answer might be:

- | | |
|---|--|
| ☐ Drink a glass of water | ☐ Take a break from your phone |
| ☐ Step outside for a few minutes | ☐ Rest before making a decision |
| ☐ Write down tomorrow's priorities | ☐ Return to the task when you feel more settled |
| ☐ Ask someone for reassurance or support | ☐ Choose another small action that fits this moment |

KEEP THIS REMINDER NEARBY

You do not have to solve every possible future today.

Anxiety often asks for complete certainty before allowing the body to settle. Complete certainty is rarely available. You can practise responding to this moment without needing every answer first.

A reflection for later

When you feel more settled, consider one or two of these questions. You do not need to answer everything at once.

What tends to activate my anxiety?

What sensations tell me anxiety is building?

What do I usually do when I feel anxious?

What genuinely helps me feel grounded?

What kind of support do I wish I could ask for?

What would five percent more support look like today?

Occasional anxiety is a normal human experience. Additional support may be helpful when anxiety frequently affects the way you move through daily life.

Sleep

Relationships

Concentration

Physical comfort

Work

Everyday activities

Counselling can offer space to understand what anxiety may be responding to, notice patterns, and explore ways of responding that feel more workable and supportive.

You do not need to arrive with the right words or a complete explanation of what is happening.

READY TO TAKE THE NEXT STEP?

Begin with a consultation.

Learn more about Therapy Bee or enquire about working together.

www.therapybee.ca/contact

support@therapybee.ca

You are allowed to take the next moment one step at a time.

Educational use: This guide is for general reflection and education. It is not a substitute for individualised medical or mental-health care. Therapy Bee is an appointment-based practice and does not provide emergency or crisis services. If you are in immediate danger or need urgent support, contact emergency services or an appropriate crisis resource in your area.