



THE ANXIETY SOFTENING GUIDE



A QUIET MOMENT TO SETTLE YOUR BREATH, CALM YOUR
THOUGHTS, AND RETURN TO YOURSELF.



Softly Seen Studio

Gentle Guidance for a Softer Life

THE SOFTENING PRACTICE

WHEN ANXIETY RISES, YOUR BODY IS NOT BETRAYING YOU; IT'S TRYING TO PROTECT YOU.

BUT YOU DESERVE PROTECTION WITHOUT PANIC.
YOU DESERVE A SOFTER WAY TO COME HOME TO YOURSELF.

HERE'S A GENTLE SEQUENCE TO HELP YOUR BODY AND MIND RELEASE THE TENSION THEY'RE HOLDING.

1. Ground Your Breath (30 seconds)

Breathe in through your nose for 4.

Hold for 2.

Exhale slowly for 6.

Repeat 3 times.

Soft reminder:

You are allowed to slow down.

Nothing here is urgent.

2. Drop Into Your Body (1 minute)

Place one hand on your chest, one hand on your belly.

Notice which rises first.

Whisper gently (in your mind or out loud):

"I am safe enough in this moment."

Let your shoulders fall just a little.

Unclench your jaw.

Uncurl your toes.



THE SOFTENING PRACTICE

3. Name What's Here (1 minute)

Quietly name what you're feeling with compassion, not judgment.

Try:

- "I feel overwhelmed."
- "I feel fear in my chest."
- "I feel pressure to hold everything together."

Naming the feeling softens your nervous system instantly – it tells your body, "I see you. We're in this together."

4. Ask One Gentle Question

"What do I need right now to feel 5% safer?"

Not fixed.

Not perfect.

Just 5% softer.

Possible answers:

- a slower breath
- a sip of water
- stepping outside
- loosening your shoulders
- a kinder inner voice

Let the smallest answer be enough.

5. Offer Yourself a Closing Affirmation

Pause for one deep breath and whisper:

"I am allowed to take up calm."

"I can return to myself, one soft moment at a time."



A GENTLE CHECK-IN



USE THIS PAGE TO SOFTEN WHAT FEELS TIGHT AND MAKE
ROOM FOR RELIEF.

WHAT AM I FEELING IN MY BODY RIGHT NOW?

WHAT IS MY MIND TRYING TO PROTECT ME FROM?

WHAT WOULD HELP ME FEEL 5% CALMER?

A SOFT PROMISE TO MYSELF:

"I AM DESERVING OF QUIET MOMENTS, STEADY
BREATH, AND A SOFTER WAY OF BEING."



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