

THE ANXIETY FIRST AID KIT



WHAT TO DO WHEN ANXIETY HITS
(EVEN IF YOU PANIC)

When anxiety hits...

... your brain activates a false alarm system. Your body reacts as if you're in danger, even when you're not.

You don't need to 'fix' it.

You need to guide your nervous system back to safety.



ABOUT ME

I'm a psychotherapist and the creator of the **Stress Reset System**, a program designed to help adults prevent burnout and master stress so they can lead their life with clarity, perform at their peak, and still enjoy life outside of work.

My mission is to give busy adults and high-achievers the tools to stay resilient, focused, and balanced in both their careers and personal lives.

This guide is for people who:

- Experience **sudden anxiety spikes or panic-like symptoms**
- Struggle with **overthinking, racing thoughts, or mental loops**
- Feel **physically overwhelmed** (tight chest, fast heartbeat, restlessness)

Whether your anxiety shows up at home, at work, or in public, this gives you a clear plan you can rely on anywhere.

This is not about tips. It's a **psychologically structured response protocol** your brain can follow under stress.

It's designed to work even when your thoughts are racing and your focus is low.

Nehme Moussa

THE 5-STEP PROTOCOL

STEP 1: STABILIZE YOUR BODY (90 seconds)

Sit or stand still

Put one hand on chest, one on stomach

Say (in your head): "This will pass. My body is reacting."

Why: Adrenaline peaks and starts dropping after ~90 seconds if you don't resist it.

STEP 2: CONTROL YOUR BREATH

Inhale: 4 seconds

Exhale: 6 seconds)

Repeat for 1-2 minutes

Why:

**Long exhales tell your brain:
"We are safe."**



STEP 3: GROUND YOUR MIND

Do this:

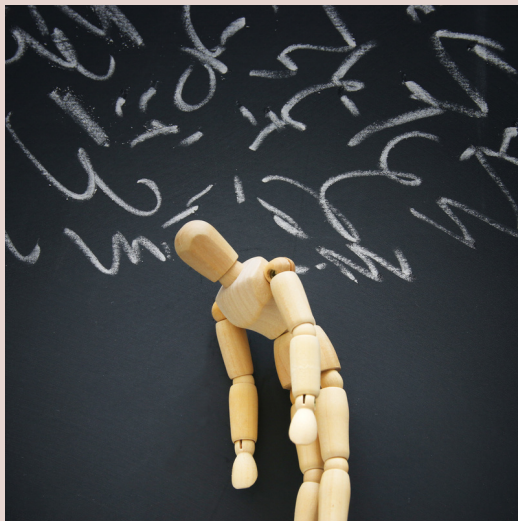
- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Why:

It pulls you out of future-based fear into the present.



STEP 4: REFRAM (Without forcing positivity)



Instead of:

"I'm not okay"

Say:

"This is anxiety. It's uncomfortable, not dangerous."

Why:

Labeling reduces emotional intensity (proven in psychology).

STEP 5: EXIT STRATEGY (don't stay stuck!)

Do one small action:

- Drink water
- Walk
- Text someone
- Change environment

Why:

Action breaks the anxiety loop.



EMERGENCY VERSION (PUBLIC / WORK)



If you're outside:

- Slow your exhale quietly
- Press your feet into the ground
- Look around and name 3 objects

No one will notice, but your brain will shift.

AFTERCARE

When it passes:

Don't overanalyze it
Don't judge yourself
Just acknowledge: "I handled it."

STRUGGLING WITH ANXIETY?

The more you repeat this process, the more your nervous system learns to **calm down faster**, react less, and trust you more.

If you want to gain more control over your anxiety, book your free discovery call now, and I'll guide you through a plan that's tailored to your **unique triggers, schedule, and demands**.

Designed to actually work!

[SCHEDULE A FREE CALL](#)

