

THE ANXIETY RESET BLUEPRINT

3 Clinical proven steps to
break the cycle of stress
& inner noise

You're Not Broken. You're Just Maxed Out.

You're a high-functioning adult. You're reflective. Ambitious. Self-aware. But still. Reset your anxiety with the famous bullet proof 3 steps approach.



Maybe this sounds familiar:

- Your mind races through worst-case scenarios when no one's watching
- You feel wired in the morning... and exhausted by 2 p.m.
- You replay conversations, analyze silence, and second-guess your tone
- You achieve a lot — but you don't feel present for any of it
- Your sleep is light. Your shoulders are tense. Your breath barely lands in your belly
- You keep telling yourself: "This is just how I am."

But what if that's not true?

What if this version of you is just the coping self. Reset effectively in 3 steps.

Symptoms of High-Functioning Anxiety



Physiological symptoms:

- Shallow breathing or frequent sighing
- Jaw tension or teeth grinding (especially at night)
- Heart palpitations when resting
- Insomnia or waking between 3–5 a.m.
- Sudden energy crashes after prolonged mental focus
- Cold hands and feet even in warm environments

Cognitive symptoms:

- Difficulty turning off mental rehearsals (imagining future conversations, outcomes)
- Ruminating over emails or messages you've sent
- Difficulty prioritizing (everything feels urgent)
- Overplanning and constant contingency thinking
- Struggling to “trust” your decisions after making them

Emotional symptoms:

- Irritability with loved ones, then guilt
- Internal self-criticism, even after accomplishments
- Feeling emotionally flat but easily overwhelmed
- Difficulty feeling joy or satisfaction

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Behavioral symptoms:

- Overcommitting or saying yes too quickly
- Needing to control your schedule to feel safe
- Avoiding rest or silence — unless distracted
- Perfectionistic behavior around small tasks
- Procrastinating due to fear of underperforming

Why Anxiety Lingers

Most anxiety interventions only target one or two aspects, perhaps the mind, your thoughts, your beliefs.

But anxiety lives in the body, too, especially in people who stay “on” all the time.

If you don’t reset the nervous system, the patterns repeat:

- You’ll meditate but still ruminate
- You’ll do icebaths but stay reactive
- You’ll exercise but feel no release
- You’ll stay “functional” but disconnected from yourself

The truth? Anxiety isn’t just an emotion. It’s a cycle.
And cycles break with structure, not insight alone.



Step 1: Decode the pattern

You probably ask yourself: “Why am I like this?”

But the better question is: “What’s actually happening in my system right now?”

When anxiety spikes, three things tend to happen:

1. Hyperarousal (tight chest, racing thoughts, quick speech)
2. Threat sensitivity (overreaction to tone, email delays, body signals)
3. Internal fragmentation (you feel like different parts of you are in conflict)

Try this instead :

Take 30 seconds to scan your body and label the sensations — without fixing anything.

Where’s the tension?

Where’s the emptiness?

What’s your baseline breath pattern?

Awareness breaks the autopilot. This is Self-regulation at it’s best.



Step 2: Reset the System

To reset anxiety, your body needs a felt sense of safety.
Not just a deep breath, but a message that says: We are not under threat.

3 ways to create that signal:

1. Orienting: Gently look around the room and name 5 safe things
2. Bilateral stimulation: Tap left-right on your collarbones or thighs (like EMDR)
3. Patterned breath: 4-count inhale, 6-count exhale (slows the vagus nerve)

Don't aim for peace. Aim for regulation. Try them all then choose. Your clarity lives on the other side of your nervous system feeling safe. These are tools I use in-session with clients in Dubai and across the Gulf especially those who are time-poor, emotionally intelligent, but overloaded.

Step 3: Take Back Control

Anxiety isn't who you are. It's just you are burnt out. The current state of the system your mind and body are running need an upgrade.

So the final step is this:

Ask yourself, who am I when I am free from anxiety?

Not what you'll do.

But how you'll walk into a room.

How you'll respond to conflict.

How you'll feel, when stillness no longer feels threatening.

Now visualize yourself in that state everyday before you sleep.

This blueprint is just the first step.

When you are ready for the next chapter: deep, structured transformation. You'll find it in your Inbox, or would you prefer to start now?

ENROLL IN ANXIETY 101



SARAH.ELNABULSI.COM