



BY SARAH EL NABULSI,  
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# ANXIETY RESET BLUEPRINT



*When you understand your mind and nervous system, you can finally take back control: Sarah El Nabulsi*

If you're here, you're likely someone who feels overwhelmed, on edge, or simply exhausted from carrying silent anxiety that no one else sees.

You're not alone — and more importantly, there's a path forward.

This blueprint includes 5 tools I've refined over 15+ years in private practice with professionals just like you. These methods are based on Cognitive Behavioral Therapy (CBT) and integrative psychology. They work — and they work fast — when you follow them in the right order.

Take 10–15 minutes to review this guide today, and you'll already be on your way to clearer thoughts, steadier emotions, and more control.

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USE THESE TRIED & TESTED TOOLS TO DIAL DOWN ANXIETY

# THE 5 TOOLS

01

## The 3-Minute Mind-Body Reset

Use diaphragmatic breathing — inhale for 4, hold for 4, exhale for 6.

Do this 2–3x per day. It tells your nervous system you're safe.



02

## Name It to Tame It

Label the emotion you're feeling out loud or in writing. "This is anxiety," or "This is fear of failure." This helps your brain stop the spiral because it engages your prefrontal cortex, the "observer".



03

## Avoid the Avoidance Trap

Make a list of small tasks you avoid when anxious (calls, emails, errands).

Pick one. Do it. Action breaks the anxiety loop.



04



## Sleep Like a Professional

No caffeine after 2 p.m.

No screens 1 hour before bed.

Track your sleep for 3 nights. Anxiety drops when sleep stabilizes.

05

## Use the CBT Thought Shift Tool

Write a stressful thought. Now challenge it: “What evidence do I have for this? What would I say to a friend thinking this?”

You’re training your brain to think more flexibly — and that’s anxiety’s worst enemy.



**Now start applying this today & keep me posted!**

Pick just 1 tool to try right now. Then bookmark this guide and come back tomorrow for another.

You don’t have to master everything at once.

Progress, not perfection, is what rewires the mind.

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# MOVING FORWARD WITH CONFIDENCE

You've Just Taken the First Step Toward Lasting Calm

If these tools resonated with you, that's no accident. They're part of a deeper, proven framework I've developed over the last 15 years in private practice — helping professionals like you regain their clarity, balance, and control, even in the most demanding environments.

The truth is: managing anxiety isn't about doing more. It's about doing the right things, in the right order, and with the right guidance. That's exactly what my full course, Anxiety 101, is designed to provide.

🎓 Inside the course, you'll learn:

- The real science behind your anxiety (and how to turn it off)
- How to stabilize your nervous system using CBT
- What steps to take — and in what order — to feel more in control, fast

Ready to go deeper?

If this guide helped, the course will transform how you experience your mind, your body, and your everyday life.

👉 [Enroll Now in Anxiety 101]

or visit: [www.sarahelnabulsi.com/anxiety101](http://www.sarahelnabulsi.com/anxiety101)

Warmly,

Sarah El Nabulsi

Licensed Clinical Psychologist, Dubai, UAE



# REMINDER SPACE



A large white rounded rectangular area intended for writing a reminder.

Note :

