



10

EFFECTIVE STRATEGIES TO REWIRE YOUR BRAIN AND CALM ANXIETY INSTANTLY

Proven Tools from Neuroscience,
Hypnosis, and CBT to Rewire Your
Brain for Calm and Resilience

Introduction

You must be wondering... can I really calm my mind instantly?

Yes, you can!

While anxiety can feel overwhelming, your brain is wired to respond to certain techniques almost immediately. By engaging tools from neuroscience, hypnosis, and CBT, you can interrupt anxious thought patterns and activate your body's natural relaxation response.

These strategies act as “**emergency resets**,” helping you feel grounded and in control within minutes. Think of them as mental shortcuts—small actions with big impacts.

Note: *These tools are designed to give you fast relief, but **lasting change** often requires deeper work with therapy or other supportive methods.*

*If you are ready to take that step toward long-term well-being, consider signing up for my **Relief from Anxiety Accelerator program** (<https://zeinakreichaty.com/anxiety-program/>) and discover how to rewire your mind for lasting calm.*

Ready to dive in? In the next pages, you'll discover 10 powerful techniques that are simple to practice and can shift your mental state in moments—anytime, anywhere.

Technique #1: Peripheral Vision Technique

When anxiety strikes, your focus narrows, making your thoughts feel **overwhelming**. By shifting your focus to the edges of your vision, you engage your parasympathetic nervous system—the part responsible for relaxation.

What does that mean? To put it simply, shifting your focus outward helps your mind relax and gives your brain a chance to slow down.

How to Use:

- Fix your gaze on a point in front of you
- Slowly expand your awareness of what you can see at the edges of your vision—without moving your eyes
- Continue expanding this awareness until your anxious thoughts fade, and your focus shifts to the broader visual field

Outcome:

This technique widens your mental focus, helping your body relax.

Technique #2: Pattern Interrupt

Anxiety often comes in loops—repetitive thoughts that keep cycling in your mind. By doing something unexpected, you disrupt these loops, giving your brain a moment to reset.

How to Use:

- When you notice anxiety building, make an abrupt physical movement—clap your hands, change posture dramatically, or stand up and stretch
- For added impact, say something out loud like, “**Nope, not today!**”
- Repeat this every time you feel the loop restarting

Outcome:

You gain immediate control by catching your anxious thoughts before they take over, breaking the automatic cycle and creating space for a calmer response.

Technique #3: 5-4-3-2-1 Grounding Technique

When anxiety makes you feel disconnected, this sensory technique helps bring your attention back to the present moment.

How to Use:

- Identify **5** things you can see around you (a plant, a picture, the sky)
- Identify **4** things you can touch (your clothes, the ground, your phone)
- Identify **3** things you can hear (birds chirping, the hum of a fan)
- Identify **2** things you can smell (coffee brewing, fresh air)
- Identify **1** thing you can taste (water, gum, or your breath)

Outcome:

Focusing on your senses pulls you out of anxious thoughts and back into the moment, helping you feel more grounded.

Technique #4: Diaphragmatic Breathing

When we breathe shallowly, it keeps our body in stress mode. Breathing deeply from the diaphragm tells your brain it's safe to relax.

How to Use:

- Place one hand on your chest and the other on your belly
- Inhale slowly through your nose, allowing your belly to rise
- Exhale gently through your mouth, feeling your belly fall
- Practise for **3–5 minutes**, focusing on the rise and fall of your belly

Outcome:

Diaphragmatic breathing helps calm your nervous system and restores a sense of control.

Technique #5: Havening Touch

Havening Touch is a technique developed to reduce stress, anxiety, and emotional distress by using gentle, soothing touch. It works by creating a sense of safety in your body, helping the brain release calming delta waves—those associated with deep relaxation.

This touch-based approach also works to “unlink” the brain’s emotional response to certain stressful memories or thoughts.

How to Use:

- Find a quiet space where you won’t be disturbed.
- Lightly rub your hands along your arms, or gently stroke your face or palms in a repetitive motion—whatever feels most soothing for you.
- As you continue the touch, visualise yourself in a peaceful place, such as a quiet forest, the beach, or anywhere you associate with calm and happiness.
- Breathe deeply throughout the exercise, focusing on the rhythmic sensation of the touch. Continue until you feel more relaxed.

Outcome:

Havening Touch works by helping your brain and body feel safe, calming the emotional centres responsible for stress responses. The gentle repetition of touch provides comfort while engaging both physical and mental relaxation.

Technique #6: Bilateral Stimulation (Butterfly Tap)

This technique calms your emotions by engaging both sides of your brain.

How to Use:

- Cross your arms over your chest and rest your hands on your shoulders.
- Gently tap your shoulders in an alternating rhythm—left, right, left, right.
- Keep going for a few minutes, focusing on the steady tapping pattern.

Outcome:

Bilateral tapping helps regulate emotions and promotes mental balance.

Technique #7: The Temporal Tap

The Temporal Tap is a technique that combines gentle tapping with positive affirmations to interrupt anxious thoughts and rewire the way your brain processes them. Tapping on your temple stimulates areas of the brain involved in emotional regulation, creating a calming effect.

How to Use:

- Find a comfortable spot, or practise wherever you are
- Using two fingers, gently tap the side of your head (just above your temple).
- As you tap, repeat calming affirmations such as:

“I am safe.”
“I can handle this.”
“I am in control.”

- Focus on the rhythm of the tapping and the meaning behind the words
- Continue until you feel a shift—your thoughts should feel less overwhelming, and a sense of calm will begin to take over

Outcome:

The combination of touch and positive words helps break negative mental loops and gives your brain the chance to form healthier thought patterns. With regular practice, the Temporal Tap can become a reliable tool for calming your mind in moments of stress.

Technique #8: The Spinning Technique

When we feel anxious, it can seem like a swirling sensation inside our body. By mentally “reversing” the direction of that spin, you can shift how your brain experiences the anxiety, making it easier to manage and release.

How to Use:

- Close your eyes and notice where the anxiety feels strongest in your body
- Imagine the feeling as a spinning motion—does it feel like it’s moving clockwise or counterclockwise? Now, mentally reverse the spin and imagine it moving in the opposite direction
- As you reverse the spin, visualise it slowing down, becoming softer and easier to manage. Continue until the anxiety fades or feels more manageable

Outcome:

This technique empowers you to reframe overwhelming feelings into something more neutral or even calming.

Technique #9: Anchoring a Positive State

Anchoring is a technique from Neuro-Linguistic Programming (NLP) that allows you to create a mental shortcut to positive emotions.

By linking a simple physical gesture with a calm or happy memory, you can train your brain to quickly recall that emotional state whenever you need it.

How to Use:

- Close your eyes and bring to mind a time when you felt truly calm and confident. Engage your senses:

What did you see, hear, and feel?

- As the positive feeling builds, press your thumb and forefinger together firmly
- Hold this gesture while you breathe deeply, staying with the feeling for a few moments
- Practise often so the gesture becomes your personal anchor
- Use the anchor by pressing your fingers together whenever you need to feel calm

Outcome:

Anchoring allows you to instantly access positive emotions, making it easier to stay grounded during stressful moments.

Technique #10: The Power of Exhalation

Breathing isn't just essential for life—it's also a powerful tool for managing anxiety.

While most people focus on inhaling deeply, it's the exhale that activates the body's relaxation response. A longer exhale tells your brain that it's safe to switch off the "fight or flight" mode and move into a state of calm.

How to Use:

- Inhale slowly through your nose for **4 seconds**
- Exhale gently through your mouth for **6–8 seconds**, focusing on making the exhale longer than the inhale
- As you breathe, imagine tension leaving your body with every exhale
- Repeat this breathing pattern for a few minutes until you feel your body relax

Outcome:

Extending your exhale helps your nervous system shift from stress to relaxation mode. With practice, this technique becomes a simple, reliable way to calm yourself quickly—no matter where you are.

The techniques in this guide offer quick relief from anxiety, helping you manage stressful moments whenever they arise. However, their real power lies in **regular practice**. By using these tools consistently, you can rewire your brain to respond more calmly to challenges and build lasting emotional resilience.

While these strategies provide fast relief, long-term well-being often requires a deeper approach. Pairing these tools with therapeutic support or mindfulness practices can further enhance your mental health journey.

Ready to take the next step?

If you're looking to dive deeper into these methods and learn even more strategies to transform your mental well-being, consider signing up for my **Relief from Anxiety programme** (<https://zeinakreichaty.com/relief-from-anxiety-programme/>).

Discover how to harness the power of neuroscience, breathwork, and emotional regulation for a calmer, more confident you.