



Find the glimmers and the rays!

How Can I Change My Mindset When I Feel Anxious or Low?

Feeling anxious, low or overwhelmed? This blog breaks down simple, science-backed ways to calm your mind, soothe your nervous system and reconnect with yourself—one small act of self-care at a time. In this blog, I share simple techniques to calm anxiety, lift low mood and soften the noise in your mind—plus ways to reconnect with your values, your body and your sense of self.

It's such a horrible feeling when sadness, numbness, anxiety, or heaviness settles in. When this happens, your body shifts into its threat system—fight, flight, or freeze—which makes it incredibly hard to think your way out of the moment. You may feel stuck, sluggish, unmotivated, or disconnected.

Although it can feel impossible, gently shifting your focus and engaging your senses can help your body settle and bring you back into the present moment. You've probably heard many of these suggestions before, and sometimes that can feel frustrating—but they're powerful because they work. Even small actions can help your nervous system recalibrate. By performing at least one or two items from the ideas below every day, or anything else you find pleasurable, you will grow in the important skill of becoming a good parent to yourself.

Below is a simple "brain dump" of ideas you can reach for when you're feeling low.

Sensory Rest - Calms the nervous system by reducing overwhelm—especially helpful for neurodivergent brains.

- No screens for 30 minutes after waking
- Turn off notifications
- Close your eyes for a minute
- Dim lights in the evening
- Sit in silence for a few minutes
- Swap your phone for a book before bed
- Deep soothing breaths

Mental Rest - Reduces cognitive fatigue by giving your brain. a break from information and decisions.

- Read light, uplifting content
- Take short breaks during work or study
- Limit choices with simple meal prep
- Do a "brain dump" journal
- Practice meditation—lots of free ones online

Time-block your day
Avoid multitasking
Be mindful and be the observer of your thoughts

Emotional Rest - Supports emotional regulation by processing feelings and being authentic.

Name your emotions
Resist comparison
Spend time with people you trust
Journal honestly
Let yourself cry or laugh
Ask for help
Set boundaries at home or work
Have therapy sessions where you can share, re-process and release stuff!

Physical Rest - Restores the body and supports a calmer mind.

Breakfast in bed
Afternoon nap
Lie still for five minutes
Gentle stretching or yoga
Warm bath before bed
Heated blanket
Massage or sauna
Go to a spa
Slow, intentional breathing
Go to bed early and get good sleep
Eat well, avoid alcohol and drugs
Light a candle
Take a 'mental health' day off
Do some grounding exercises – (see Ra Counselling worksheet)

Creative Rest - Refreshes the brain by connecting with beauty and play.

Watch a sunrise or sunset
Visit a gallery or museum
Listen to music you love
Dance or move or exercise
Spend time in nature
Read for pleasure
Draw, paint, create
Play—do something just for fun
Cook or bake something comforting

Learn something new
Watch something funny
Write out an ideal scenario concerning a goal and visualise it
Write a special diary about your accomplishments

Social Rest - Balances connection with solitude so you don't become depleted.

Time with like-minded people
More face-to-face connection
Listen with presence
Have a hug with someone you love
Stroke a pet or cuddle a teddy
Look at photos of fond memories
Call someone you love
Spend restorative time alone
Engage in a small act of kindness
Ask a special person to nurture you

Spiritual Rest - Nurtures meaning, purpose, and a sense of belonging.

Meditation or prayer
Gratitude journaling
Volunteer for a cause you care about
Time in nature
Read something inspiring
Reflect on your values and goals
Buy yourself flowers

Doing even one of these is an act of self-care, and each small act helps build self-worth, self-esteem, and inner safety. You don't have to transform your day—just take one gentle step that brings you back to yourself.

Notice what's happening in your mind, acknowledge what's at play, and then offer yourself something soothing. A moment of kindness toward yourself truly can shift your day.

Tell Yourself:

Everything is temporary, including your mood
This too shall pass
Life is like the weather and this storm will pass
Acceptance is key – accept it and don't fight it
"It is what it is"
Let go of the need to control everything
Don't get attached to the idea that things need to be a certain way

Go with the flow

Be the observer of your thoughts and let the 'higher compassionate self' lead

Soothing Affirmations to read every day:

I am lovable and capable

It's okay to feel this way, I'm doing the best I can

I am safe in this moment

I don't have to fix everything right now

Slow is still progress

I can ride this wave

I have survived every difficult moment so far

I can choose the next small, kind step

I choose thoughts that support my peace, clarity and expansion

Everything is working in my favour, even when I can't see it yet

I am worthy of good things

I release fear-based thinking and return to my natural state of confidence

I don't have to be perfect because I am unique and wonderful just the way I am

I am a unique and special person. There is no one else quite like me in the entire world.

I accept all the different parts of myself

My feelings and needs are important

It's good for me to take time for myself

I deserve to be supported by those people who care for me

I fully accept and believe in myself just the way I am

Every day I am learning to love myself more

Ask yourself:

Is this thought kind and beneficial to me?

Am I being true to myself, my beliefs, my values and my goals?

Are my expectations of myself realistic?

Am I listening to my 'higher self' or are my negative thoughts controlling my mind?

I hope these words help to make you feel more empowered! Remind yourself that you are the best, you are strong, you can do this, it's ok not to feel ok and it won't last forever!

Love From Ra at Ra Counselling!

Therapy at **Ra Counselling** is another meaningful way to care for yourself and find more calm. Therapy at Ra Counselling is a powerful way to understand your inner world, build resilience and bring a sense of clarity and connection back into your life.