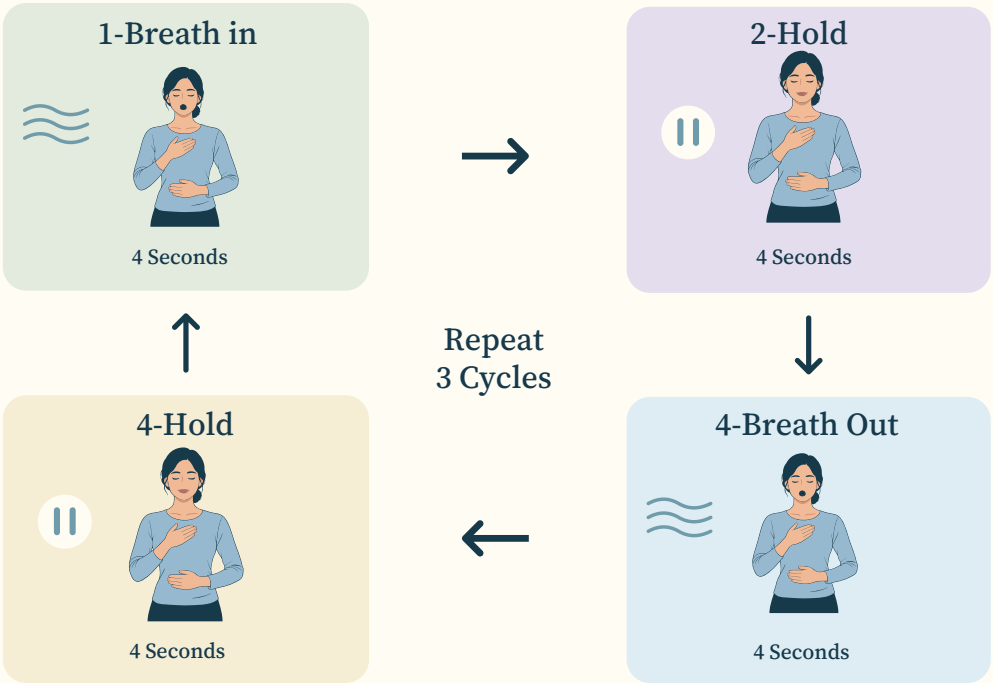
Breathe and Name

If your body is still in the wave after pause and ground (anxiety first aid card 1), these two steps shift the dial in the body and the thinking mind.

01 Breathe

Box breathing. Slow inhale for four counts. Hold for four.
Slow exhale for four. Hold for four. Repeat three cycles.
Controlling the rhythm of your breath is what calms you.
It gives your nervous system time to settle



Why This works?

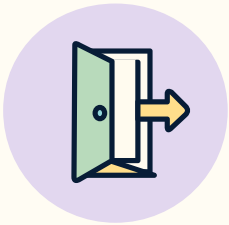
The rhythm of your breath sends a direct signal to your nervous system, slowing the alarm down. A few rounds of box breathing can lower your heart rate and blood pressure, and calm the body.

02 Name What is Happening

Say to yourself: 'This is anxiety. It is uncomfortable. It is not dangerous. I do not need to fix it right now.'
Then choose one small, kind thing for the next ten minutes :



A glass of water



A step outside



A text to one trusted person

Why This Works?

Naming an emotion engages the prefrontal cortex (the thinking part of your brain).
The amygdala —which has been firing the alarm — quietens when the experience is named, even briefly.

Crisis

If you cannot make it through the next ten minutes — thoughts about harming yourself,or about not wanting to be here — call your local crisis line or go to your nearest emergency department.

In Saudi Arabia, call 911 in an emergency (ambulance 997). For psychological advice.
The Ministry of Health line is 920033360 (daily 8am–8pm; Saturday 1pm–8pm).
Other GCC countries: monita.org/in-crisis.