

CALM PERFORMANCE PROTOCOL

3 Proven Techniques for Instant Anxiety Relief

#1. Tactical Breathing (4-7-8 Method)

Immediately calm your nervous system by breathing intentionally:



Step 1

Inhale quietly through your nose for **4 seconds**

Step 2

Hold your breath gently for **7 seconds**

Step 3

Exhale slowly through your mouth for **8 seconds**

Repeat this cycle 3 times

This technique activates your parasympathetic nervous system, quickly lowering stress and anxiety

#2. Grounding & Sensory Focus

Rapidly regain focus by anchoring your attention in the present:

Pause

and notice **3 specific sensations** (e.g., feet firmly on floor, temperature of air, weight of clothing)

Identify

and mentally name **2 distinct sounds** around you (background chatter, distant traffic)

Breath

and take **1 intentional breath**, saying silently: "I am calm, I am ready"

Use this method to redirect your attention away from anxious thoughts & stabilize your mind

#3. Mental Reframing

Rapidly shift from anxious anticipation to confident readiness:

- 1 Identify your anxious thought (e.g., "I'm going to mess up")
- 2 Immediately counter it with a **realistic positive reframe** (e.g., "I've prepared well, I'm capable of succeeding")
- 3 Visualize yourself confidently performing your task for **10 seconds**, seeing and feeling a successful outcome.



This cognitive reframing instantly transforms anxiety into confident readiness