

CALM

Mind Reset

UNDERSTAND
YOUR MIND.
RECONNECT
WITH CALM.
BUILD LASTING
RESILIENCE.

5 GUIDED VISUALISATION VIDEOS

for Understanding Anxiety, Finding Greater Calm
& Building Emotional Resilience

Includes Sleep Audios & Companion Workbook

1



UNDERSTAND
ANXIOUS
THOUGHTS

2



BREAK THE
THOUGHT-FEELING
LOOP

3



CALM YOUR
BODY & MIND

4



RECLAIM
CONFIDENCE &
SELF-TRUST

5



CREATE A CALMER
FUTURE WITH
RESILIENCE



GUIDED VISUALISATION VIDEOS • SLEEP AUDIOS • COMPANION WORKBOOK

CALM MIND RESET

Companion Guide & Workbook

5 Guided Visualisation Videos + 5 Sleep Audios
for Understanding Anxiety, Finding Greater Calm & Building Emotional Resilience

Welcome to Calm Mind Reset

Welcome to Calm Mind Reset. This five-part guided programme has been created to help you develop a deeper understanding of anxious patterns, become more aware of the relationship between thoughts, feelings and physical sensations, reconnect with your confidence, and develop greater emotional resilience.

This is not about trying to control every thought. It is not about forcing yourself to feel calm all the time. And it is not about making difficult emotions disappear.

Instead, the programme invites you to develop a different relationship with your inner experience — one based on awareness, understanding, self-trust and greater resilience.

Across the five sessions, you will gradually build a collection of ideas and practices that you can return to in everyday life. The final session brings these elements together through guided visualisation and future pacing, helping you imagine yourself meeting future situations with greater clarity, confidence and emotional steadiness.

How to Use Calm Mind Reset

For the best experience, give yourself enough uninterrupted time to watch each guided session comfortably. You may wish to:

- Find somewhere quiet and comfortable.
- Put your phone and other distractions aside.
- Use headphones if they help you focus.
- Allow yourself to watch without needing to analyse everything.
- Complete the reflection questions after each session.
- Give yourself time between sessions to notice what changes naturally.
- Return to individual sessions whenever they feel useful.
- Watch each guided visualisation when you can give it your full attention.
- Save the sleep audios for bedtime, or whenever you want to relax and revisit the experience.

There is no need to rush through the programme. The purpose is not simply to complete five recordings. The purpose is to give yourself an opportunity to understand your experience differently.

A simple suggested rhythm

Session 1 → Reflect → Integrate

Session 2 → Reflect → Integrate

Session 3 → Reflect → Integrate

Session 4 → Reflect → Integrate

Session 5 → Reflect → Continue applying

You can adapt this schedule to suit yourself.

Your Calm Mind Reset Experience

Each of the five stages brings together three elements. Together, they form the complete Calm Mind Reset system.

WATCH — Guided Visualisation Video

Set aside some quiet time and follow the guided experience for your five-stage Calm Mind Reset journey.

LISTEN — Sleep Audio

Return to the audio at bedtime, or whenever you want to relax and reinforce the session, to revisit the guided experience as you unwind.

REFLECT — Companion Workbook

Use the prompts in this guide to deepen what you noticed and integrate it into everyday life.

You'll find WATCH and LISTEN buttons at the start of each session below, linking straight to that session's video and audio. Every link is also gathered together on the Resource Library page opposite.

Resource Library

All ten resources in one place — tap any link to open it in Google Drive.

Stage	Watch	Listen
Session 1 Understanding Anxiety	Watch Video 1	Listen Audio 1
Session 2 Breaking the Thought–Feeling Loop	Watch Video 2	Listen Audio 2
Session 3 Body Calm & Physical Awareness	Watch Video 3	Listen Audio 3
Session 4 Reclaiming Confidence & Self-Trust	Watch Video 4	Listen Audio 4
Session 5 Future Calm & Emotional Resilience	Watch Video 5	Listen Audio 5

Tip: bookmark this page, or save the links somewhere handy — you can return to any session or audio as often as you like.

Your Calm Mind Reset Journey

SESSION 1

Understanding Anxiety

WATCH THE GUIDED
VISUALISATION
Session 1: Understanding Anxiety

LISTEN TO THE SLEEP AUDIO
Session 1 Calm Mind Reset Audio

For relaxation use only. Listen somewhere safe and comfortable. Do not listen while driving or doing anything requiring your full attention.

The first stage begins with understanding. Rather than automatically treating anxious feelings as evidence that something is wrong, this session introduces a different way of looking at the relationship between thoughts, interpretation and emotional experience.

The aim is to begin recognising anxious patterns more clearly.

Before You Watch

What do I currently believe anxiety means about me or my circumstances?

After the Session

What stood out to me most?

What did I notice about my thoughts?

What would I like to remember from this session?

My Key Insight

One thing I understand differently now is:

SESSION 2

Breaking the Thought–Feeling Loop

WATCH THE GUIDED
VISUALISATION
Session 2: Breaking the
Thought–Feeling Loop

LISTEN TO THE SLEEP AUDIO
Session 2 Calm Mind Reset Audio

The second stage explores the relationship between thought and feeling. When a thought creates an emotional response, that feeling can then generate further thoughts, which can reinforce the original experience.

The important step is learning to recognise the pattern. Recognition creates space. You do not have to automatically follow every thought that appears.

Before You Watch

When I feel anxious, what thoughts tend to repeat themselves?

After the Session

Did I recognise a familiar thought–feeling pattern?

What did I notice when I simply observed the pattern?

My Recognition Phrase

Complete the sentence:

“When I notice the loop beginning, I can...”

The Thought–Feeling Loop

Use this page whenever you want to explore an anxious pattern.

What happened?

What did I think?

What feeling followed?

What thoughts came next?

What did I notice when I recognised the pattern?

What would it be like to create a little more space before reacting?

SESSION 3

Body Calm & Physical Awareness

WATCH THE GUIDED
VISUALISATION
Session 3: Body Calm & Physical
Awareness

LISTEN TO THE SLEEP AUDIO
Session 3 Calm Mind Reset Audio

The third stage focuses on your relationship with physical sensations. Anxiety can involve noticeable physical activation. The important distinction explored in this programme is between experiencing a physical sensation and automatically interpreting that sensation catastrophically.

Greater awareness can create a different response. Instead of immediately assuming that a sensation means danger, you can pause, notice and respond with greater understanding.

Before You Watch

Which physical sensations tend to attract my attention when I feel anxious?

What meaning do I usually give those sensations?

After the Session

What did I notice about my relationship with physical sensations?

What would it mean for me to respond with greater body trust?

BODY TRUST

When physical activation appears, pause. Notice. Breathe naturally. Observe what is happening without immediately adding a catastrophic story to the sensation.

You can remind yourself:

"I can notice what I am experiencing without immediately deciding that it means something terrible."

My Own Body Trust Reminder

SESSION 4

Reclaiming Confidence & Self-Trust

**WATCH THE GUIDED
VISUALISATION**
Session 4: Reclaiming Confidence &
Self-Trust

LISTEN TO THE SLEEP AUDIO
Session 4 Calm Mind Reset Audio

The fourth stage focuses on confidence. Anxiety can make uncertainty feel like evidence that you are incapable. But uncertainty and incapability are not the same thing. You have already navigated situations you once thought you could not handle. This session invites you to reconnect with that evidence.

Before You Watch

Where does anxiety make me doubt myself?

What evidence do I have that I am capable?

After the Session

What changed in the way I see my own capability?

My Foundation Statement

Complete this:

“Even when I do not know exactly what will happen, I can trust myself to...”

THE FOUR CALM MIND RESET RESOURCES

As you move through the programme, imagine these four resources becoming increasingly familiar.

1. The Lens of Clear Seeing

The lens represents the ability to step back and observe anxious thinking clearly. Ask: "What am I seeing here?" "What is actually happening?" "What is my mind predicting?"

2. The Compass of Thought–Feeling Direction

The compass reminds you to notice when a thought–feeling loop is developing. Ask: "What thought is creating this feeling?" "Am I feeding the loop?" "What happens when I simply recognise it?"

3. Body Trust

Body Trust represents a more grounded relationship with physical sensations. Ask: "What am I physically noticing?" "Can I observe this without immediately catastrophising it?" "Can I allow the sensation to be present without adding unnecessary fear?"

4. Foundation

Your Foundation represents your knowledge of your own capability. Ask: "What have I handled before?" "What evidence do I have that I can cope?" "Can I trust myself to meet what comes?"

My Calm Mind Reset Toolkit

My Lens of Clear Seeing

When anxious thinking appears, I want to remember:

My Compass

When I notice the thought–feeling loop, I want to remember:

My Body Trust

When I notice physical sensations, I want to remember:

My Foundation

When self-doubt appears, I want to remember:

SESSION 5

Future Calm & Emotional Resilience

**WATCH THE GUIDED
VISUALISATION**
Session 5: Future Calm & Emotional
Resilience

LISTEN TO THE SLEEP AUDIO
Session 5 Calm Mind Reset Audio

The final session brings the programme together. The focus shifts from understanding what has happened in the past to imagining how you can move through future experiences with greater clarity and confidence.

The guided visualisation introduces the Path of Understanding and the Temple of Emotional Stability. These represent an integrated way of moving through life — not by expecting everything to be easy, but by trusting that you can meet what comes with greater awareness and understanding.

Before You Watch

When I think about the future, what do I usually expect?

What would I like my relationship with the future to become?

The Path of Understanding

Imagine yourself standing at the beginning of a path stretching into your future. The path does not need to be perfectly smooth. There may be easy days. There may be challenging days. There may be uncertainty. But the path remains visible. You carry your understanding with you.

My Path Forward

What would it mean for me to move forward with greater understanding?

The Temple of Emotional Stability

The Temple represents a place of integration. It is not somewhere you need to reach in order to become stable. It represents the stability that can emerge when you understand your experience more clearly.

Emotional stability does not mean never feeling anxious, sad, frustrated, uncertain or overwhelmed. It means developing a greater capacity to experience emotions without automatically becoming controlled by them.

What does emotional stability mean to me?

What would resilience look like in my everyday life?

Future Visualisation

Imagine yourself several weeks or months from now. You encounter something that would previously have triggered a strong anxious response. Notice yourself.

- What do you do differently?
- What do you notice first?
- How do you speak to yourself?
- How do you respond to the physical sensations?
- How do you make your next decision?
- How do you move forward?

My Future Self

I see myself becoming someone who:

When anxiety appears, I:

When uncertainty appears, I:

When physical sensations appear, I:

When difficult emotions arise, I:

My Calm Mind Reset Statement

You might begin:

"I do not need to know exactly what the future will bring. I can meet each moment as it comes, with the understanding I have developed."

Now create your own:

When Anxiety Appears

You do not need to remember everything. Pause.

1. SEE

What am I thinking? Is my mind predicting, catastrophising or assuming?

2. NOTICE

What am I feeling? Can I allow the feeling to be present without immediately reacting to it?

3. CHECK

What is happening in my body? Can I notice the sensation without immediately adding a frightening interpretation?

4. REMEMBER

What do I know about myself? What evidence do I have that I can handle difficult moments?

5. RESPOND

What is actually needed right now? One step. One moment. One response.

My Personal Calm Plan

When I notice anxiety beginning, I will first:

The thought pattern I most want to recognise is:

The physical sensation I want to respond to differently is:

My reminder of capability is:

One calming or grounding action I can take is:

The person, resource or support I can turn to when appropriate is:

7-Day Integration

Day 1 — Notice

What did I notice about my thoughts today?

Day 2 — Recognise

Did I notice a thought–feeling loop?

Day 3 — Body Awareness

What physical sensations did I notice without immediately judging them?

Day 4 — Confidence

What did I handle today that demonstrates capability?

Day 5 — Clear Seeing

What did I see more clearly today?

Day 6 — Future Calm

How would my future self respond differently to today's challenge?

Day 7 — Integration

What is the most important thing I am taking forward?

My Calm Mind Reset Progress

Before beginning the programme:

My relationship with anxiety feels like:

My relationship with my thoughts feels like:

My confidence in handling difficult moments is:

My relationship with physical sensations is:

My expectations about the future are:

Now That I Have Completed Calm Mind Reset

What do I understand now that I didn't understand before?

What patterns can I recognise more easily?

What has changed in the way I respond?

What would I like to continue practising?

What does calm mean to me now?

What does resilience mean to me now?

My Commitment Going Forward

I don't need to be perfect.

I don't need to eliminate every anxious thought.

I don't need to predict every future challenge.

I can continue developing awareness.

I can recognise patterns.

I can respond rather than automatically react.

I can trust myself to meet each moment with the understanding available to me.

My Personal Commitment

I choose to move forward with:

A Final Reminder

The aim of Calm Mind Reset is not to create a life where nothing difficult happens. Life will continue to change. Thoughts will continue to appear. Emotions will naturally fluctuate. There will be uncertainty.

The difference is that you can develop a different relationship with these experiences. You can notice more clearly. You can understand more deeply. You can respond with greater awareness. You can reconnect with your own capability. And you can continue moving forward.

One moment at a time. One thought at a time. One choice at a time.

CALM MIND RESET

Understand Your Mind. Reconnect With Calm. Build Lasting Resilience.

Important Information

Calm Mind Reset is an educational and self-guided wellbeing programme consisting of guided video exercises, sleep audios, meditations, visualisations and reflective activities. It is intended to support relaxation, self-awareness, personal reflection and emotional wellbeing.

It is not intended to diagnose, treat or cure any medical or mental health condition, and it should not be used as a substitute for professional medical or psychological care.

If you are experiencing significant, persistent or worsening distress, or have concerns about your mental or physical health, seek appropriate support from a qualified healthcare professional.

If an exercise feels uncomfortable or unsuitable for you, stop the exercise and seek appropriate guidance where necessary. Sleep audios are for relaxation use only — do not listen while driving or doing anything requiring your full attention.

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