



HEALING WAVES REIKI

ANXIETY & PANIC

Pause + Reconnect





Welcome.

Your healing begins with understanding, not judgment.

If you've opened this workbook, anxiety has likely touched your life in some way.

Maybe you've experienced racing thoughts, a pounding heart, restless nights, or moments when your body suddenly felt out of control.

If so, you're not alone.

And most importantly...
You are not broken.

This workbook is an invitation to better understand your nervous system, reconnect with your body, and begin creating a greater sense of safety—one gentle step at a time.

Take your time.

Pause often.

Begin exactly where you are.

In Love & Light,

Cathy



Before We Begin

Pause. Breathe. Notice what is here today.

Take one slow breath.
Feel your feet on the floor.
Notice the support beneath you.
Without trying to change anything...
Simply notice.

Check In

Today my body feels...

Right now I'm feeling...

My nervous system seems...

- | | |
|--------------------------------------|--------------------------------------|
| ☐ Calm | ☐ Hyper-alert |
| ☐ Restless | ☐ Exhausted |
| ☐ Overwhelmed | ☐ Numb |

My intention for today is...

Understanding Anxiety

Awareness is the first step toward healing.

Anxiety and panic can feel frightening.
But they are not the same.

Anxiety often builds gradually through worry, uncertainty, or anticipation.

Panic appears suddenly with intense physical symptoms such as a racing heart, dizziness, shaking, or shortness of breath.

Both are protective responses from the nervous system.
Neither means you're weak or losing control.

Gentle Reflection



When anxiety appears, what do I notice first?

- | | |
|--|------------------------------------|
| ☐ Thoughts. | ☐ Emotions |
| ☐ Physical sensations | ☐ Behaviors |

What usually happens in my body?

-

Your Body Is Protecting You

Your nervous system is trying to keep you safe.

Your nervous system is always asking one question:
Am I safe?

When it senses danger—real or perceived—it prepares you to survive.

Your heart beats faster.
Your muscles tighten.
Your breathing changes.
These reactions aren't failures.
They're protective responses.
The goal isn't to fight your body.
The goal is to help it remember safety.

Gentle Reflection



Instead of asking
"What's wrong with me?"

Practice asking,
"What is my body trying to tell me?"

-

What Influences My Nervous System?

Small choices can gently support your body's natural balance.

Sometimes anxiety becomes stronger when our nervous system is already under stress.

Check any that may apply to you.

- | | |
|--|---|
| ☐ Lack of sleep | ☐ Hormonal changes |
| ☐ Too much caffeine | ☐ Emotional overwhelm |
| ☐ Alcohol. | ☐ Crowded environments |
| ☐ Dehydration | ☐ Illness |
| ☐ Skipping meals. | ☐ Physical pain |

Gentle Reflection



What patterns have I noticed?

-

What is one small way I can support my nervous system this week?

The Anticipation Loop

When we understand the pattern, we can begin to change it.

Sometimes the fear of anxiety creates more anxiety.

A thought becomes fear.

Fear activates the body.

The body creates more fear.

The cycle repeats.

Gentle Reflection



Complete Your Loop

Trigger



Thought



Body Response



My Typical Reaction



What could I do differently next time?

Could Sensitivity Be Part of the Picture?

Sensitivity isn't a weakness. It may be one of your greatest gifts.

Some people experiencing anxiety are also highly sensitive.

They notice subtle changes.

They absorb emotions.

They become overwhelmed more easily.

Sensitivity isn't a weakness.

It may simply mean your nervous system notices more.

Gentle Reflection



Do any of these describe me?

- ☐ I absorb other people's emotions.
- ☐ Crowds exhaust me.
- ☐ Loud environments overwhelm me.
- ☐ I need quiet time to recharge.
- ☐ I feel deeply.

One way I can honor my sensitivity is...

Reiki & Regulation

Healing begins when we create space for the nervous system to settle.

Reiki doesn't force the body to heal.

It creates space.

Many people notice:

- Slower breathing
- Less muscle tension
- Greater calm
- Feeling grounded
- Increased presence

Healing often begins when we stop fighting our bodies and begin listening to them.

Gentle Reflection



Today my body may be asking for...

Creating Safety

Safety isn't something we find. It's something we learn to create.

When anxiety begins...

Pause.

Feel your feet.

Place a hand on your heart.

Slow your exhale.

Ask yourself:

What am I feeling?

What do I need?

My Safety Plan

Choose simple practices that remind your body it is safe.



- ☐ Slow my breathing
- ☐ Practice Reiki
- ☐ Drink water
- ☐ Step outside
- ☐ Stretch
- ☐ Listen to a meditation
- ☐ Pray
- ☐ Call someone I trust
- ☐ Other

During a Panic Attack

This is a wave. It rises. It peaks. It passes

You do not have to fight the wave.

Instead...

Ground yourself.

Notice five things you can see.
Notice four things you can touch.
Notice three things you can hear.
Notice two things you can smell.
Notice one thing you can taste.

Feel your feet.

Slow your breathing.

Remind yourself:
This is temporary.

My body is trying to protect me.
This feeling will pass.

Write one reminder you want to remember during difficult moments.

A Letter to My Nervous System

Respond to yourself with the kindness you deserve.



Dear Nervous System,

Thank you for trying to protect me.

I know you've been working hard.

Today I choose to meet you with patience instead of fear.

I am learning that healing isn't about controlling every sensation.

It's about creating enough safety that I can stay present with myself.

Today I want you to know...



Continue the Journey

Every gentle step forward is part of your healing.



Healing isn't about never feeling anxious again.

It's about learning to respond with awareness instead of fear.

Every breath.

Every pause.

Every moment of self-compassion helps your nervous system remember what safety feels like.

Continue your journey with the Healing Waves Reiki Podcast, companion workbooks, guided meditations, Reiki sessions, and courses.

Begin where you are.

One gentle step at a time.

Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



Podcast

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for sessions, resources
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Explore courses, Reiki trainings
and CEU programs for
healthcare professionals.

Thank you for allowing me to be part of your journey.

*With gratitude,
Cathy Scarpitto* ♥



Clinical Note

Anxiety can be influenced by many factors, including stress, trauma, medical conditions, medications, hormones, and life experiences.

The reflections in this workbook are intended to support awareness and nervous system regulation and are not a substitute for medical or mental health care.

If anxiety or panic attacks are severe, persistent, or interfering with your daily life, please seek support from your healthcare provider or a qualified mental health professional.



