

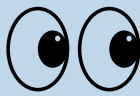
3-3-3 RULE FOR ANXIETY

A quick grounding tool to calm your mind and reconnect with the present moment.

WHAT IS THE 3-3-3 RULE?

The 3-3-3 Rule is a simple grounding exercise you can use anytime anxiety starts to rise. It helps interrupt spiraling thoughts and brings your attention back to your senses and your body.

STEP 1: LOOK



LOOK AT 3 THINGS

- **Slow down** and scan the space around you.
- Find **three things** you can **see**.
- Take a **breath** as you name each one.

Examples: a window, a pen, a plant.

STEP 2: LISTEN



LISTEN FOR 3 SOUNDS

- **Shift** your attention to your hearing.
- Identify **three sounds** you can notice.
- Let each sound **anchor you** a little more.

Examples: a fan, traffic, footsteps, your breath.

STEP 3: MOVE



MOVE 3 BODY PARTS

- Gently **connect** with your physical body.
- **Move three parts** of your body.
- Notice the **sensation** of each movement.

Examples: roll your shoulders, wiggle your toes, stretch your neck.

WHY DOES IT WORK?

This technique doesn't make anxiety vanish, but it brings you back into the present long enough to think clearly, slow your breathing, and regain control. It helps you to:

- Interrupts anxious thought loops
- Re-engages your senses
- Grounds you in your environment
- Helps regulate your nervous system
- Can be done discreetly anywhere

WHEN TO USE IT?

Use this technique when you:

- Feel overwhelmed
- Notice your thoughts racing
- Are having trouble focusing
- Feel panic rising
- Need a quick reset before a meeting, class, or conversation



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