

# **The High- Functioning Anxiety Reset**

**3 Ways to Calm Your  
Mind Without Losing  
Your Edge**

---

**Danielle Hatchell, LCPC**

Hey there,

If you're reading this, there's a good chance you're someone others rely on.

**You're capable, responsible, and you know how to get things done. And yet... your mind doesn't always slow down the way you'd like it to.**

Even when everything is handled, there's still a part of you that stays on. You often find yourself thinking ahead, anticipating, and tracking what's next on the to-do list. At times, you might even be wondering when things will actually fall apart, and what you'll do to make it right.

Most people don't immediately call this anxiety.

But in my work, this is one of the most common ways anxiety shows up for high-functioning professionals.

This guide is intended to create a gentle space to notice the subtle ways anxiety has been showing up and starting to take over.

Together, we'll look at what's not working and begin shifting back into a more grounded way of operating. And of course, we'll nurture and reinforce what is already working.

This simple guide will serve as a tool to get a little more grounded in your own mind.

# Let's Start with a Quick Self-Check



Before we go any further, take a moment and see what resonates.

You might notice:

You have a hard time fully relaxing, even when things are done.

- Your mind keeps running through what's next.
- You feel responsible for things that aren't entirely yours.
- You second-guess decisions, even small ones.
- Your body holds tension that you've gotten used to ignoring.

If you nodded along to a few of these, you're not alone.

And nothing here means something is wrong with you. It means your system has learned how to stay prepared.

We're just going to begin teaching your nervous system that it's safe to ease up a little.

# 1. Why Your Mind Won't Slow Down

One of the biggest misunderstandings about anxiety is that it's just "overthinking."

It's not.

What's happening is deeper than that.

**Your nervous system has likely learned that staying mentally active helps you stay ahead, avoid problems, and keep things running smoothly.**

In many ways, that's been true.

This pattern has probably helped you succeed.

But over time, your system can start to believe that slowing down isn't entirely safe.

So even when you try to relax, a part of you stays alert.

Not because you're doing something wrong, but because your system is doing what it learned to do to keep you safe.

The shift here is not forcing your mind to stop, which most people try and often fail miserably, only to end up feeling more anxious and frustrated.

What is actually supportive is teaching your body how to experience moments of safety without needing to stay "on."

## 2. A Simple 5-Minute Reset

This is something you can do today. It's not complicated, it doesn't require perfect focus, and you don't have to "clear your mind." Just follow this:

### 1 **Notice (1 minute)**

Pause, set a 1-minute timer, and bring your attention to your body. During this quick pause, pay attention to where you are holding tension. On your shoulders? Jaw? Chest? Stomach? There's no need to change anything yet. Just notice.

### 2 **Breathe (2 minutes)**

Now set your timer for 2 minutes and gently slow your breath. Inhale to the count of 4. Exhale for the count of 6. If your mind wanders, just refocus on counting your breaths. Let your exhale be a little longer than your inhale. This helps signal to your nervous system that it can begin to calm down.

### 3 **Refocus (2 minutes)**

Set your timer for 2 more minutes. Ask yourself: "What actually needs my attention right now?" Then gently follow it with: "What am I thinking about or holding onto that doesn't need to be handled in this moment?"

Pay attention to what comes up and see if you can follow through on what's actually needed. This process isn't designed to have you become perfectly calm. It's about creating small moments where your nervous system doesn't have to stay in constant motion or be responsible for everything at one time.

It supports you in identifying what actually needs to be done, and the extra pressure you put on yourself.

That's where change begins.

## 3. You Don't Have to Lose Your Edge

This is the part many people keep to themselves.

There's often a persistent fear underneath all of this (work, work, work) that builds over time.

If I slow down... will I lose what makes me effective, will I fall behind?

The answer is no.

In fact, what I see over and over again is the opposite.

When anxiety begins to settle:

- Your thinking becomes clearer,
- Your decisions feel more grounded,
- You're more capable because you're not operating under constant pressure.

**You don't lose your edge, you lessen your stress.**

And there's a difference.

You can be thoughtful, productive, and successful, without your nervous system running on overload in the background all the time.

This is something I work through every day with the clients I see in my practice.

# A Recap of Our Process



You don't have to solve all of this at once or change everything overnight, but a starting point can make all the difference.

Maybe that's:

- Noticing when your body is tense
- Taking one 5-minute pause during your day
- Beginning to question whether everything is actually urgent and for you to do.

**Small shifts like these matter more than you think.**

# If You Want Support With This

If you try this and notice something shifting, or you're realizing how hard it's been to slow down on your own...

This is exactly the kind of work we do in therapy.

If you're starting to see yourself in this and want to understand it more deeply, you can:

**[Click here to learn more about how I approach anxiety therapy.](#)**

And if at some point you feel ready for support, you're always welcome to reach out.

Go at your own pace,



Danielle Hatchell, LCPC