

Anxiety Meditation Script

A meditation for an anxious body, written to work when someone is already keyed up. Nothing is asked of the mind until the body has settled first.

12 min · 5 segments

Twelve minutes, five segments. The order matters — an anxious mind can't be talked down, so this settles the body first and only then turns to thought.

BEFORE YOU RECORD

- Slower and lower than your normal meditation voice, but not breathy — an anxious listener reads performed calm as something being managed.
- Segment one is the whole trust exercise. Say it plainly, at a normal pace, before you soften.
- Never let a silence run past 20 seconds in the first half. Long gaps give an anxious mind room to spiral.

01. Nothing has to change

1 min 30

[normal speaking pace here, warm and matter-of-fact — do not soften the voice until segment two]

Before anything else — you don't have to feel calmer by the end of this. That's not the deal. Trying to feel calm is usually the thing keeping the feeling in place.

So nothing has to change in the next twelve minutes. We're going to give the body something ordinary to do, and let the rest be whatever it is.

Sit however you are. You can keep your eyes open if closing them makes it worse — for some people it does, and that's not a failure. Just lower your gaze. *[pause for 10 seconds — begin softening the voice from here]*

02. The out-breath only

3 min

[never instruct a deeper in-breath — it raises the heart rate and can make anxiety worse; the out-breath is the whole exercise]

We're not going to take deep breaths. Deep breathing when you're already keyed up often makes it worse, and being told to relax when you can't is its own small misery.

Instead, leave the in-breath completely alone. Whatever it wants to be. Just let the out-breath be a little longer than it would have been. *[pause for 15 seconds]*

Don't count it. Don't measure it. Just let it trail off slightly rather than stopping short. *[pause for 20 seconds]*

If the breath feels tight or shallow, leave it tight and shallow. You're not fixing it. You're just noticing which one it is. *[pause for 20 seconds]*

03. Weight and contact

3 min

[concrete and physical — anxiety pulls attention into the head, and this is the segment that brings it back down]

Now find where your body is being held up. The chair under your legs. Your feet on the floor. Press down through both feet for a moment, just a little, and feel the floor push back. *[pause for 15 seconds]*

Your hands. Put them somewhere you can feel them — on your thighs, one on your chest, one over the other. Notice the temperature of your own skin. *[pause for 20 seconds]*

Let the shoulders come down. Unclench the jaw. Let the tongue drop away from the roof of the mouth. *[pause for 20 seconds]*

The body is doing a lot right now. It thinks it's protecting you. It isn't wrong to be doing it — it's just doing it at the wrong volume. *[pause for 20 seconds]*

04. Thoughts, without arguing

3 min

[this is the only cognitive segment and it comes last on purpose — do not try to reassure or reason with the listener]

There will be thoughts running underneath all of this. Probably a specific one, on a loop.

We're not going to talk you out of it. Arguing with an anxious thought gives it something to push against, and it always has more stamina than you do. *[pause for 15 seconds]*

Instead, notice that you're having it. There's a difference between “this is going to go badly” and “I'm having the thought that this is going to go badly”. The second one has you in it. *[pause for 20 seconds]*

The thought can stay. You don't have to resolve it today, and you don't have to believe it either. Just let it be one of the things that's happening, rather than the only thing. *[pause for 25 seconds]*

05. Closing

1 min 30

[honest, not triumphant — promising relief you can't deliver is what makes people stop trusting this kind of audio]

You may feel a bit better. You may feel exactly the same. Both are ordinary outcomes and neither says anything about you.

What you have done is spend twelve minutes not fighting it, which is more rest than the body usually gets on a day like this. *[pause for 10 seconds, then lift the voice]*

Come back to the room. Look around properly. And if this is how most days feel rather than just today, that's worth telling someone — a doctor, or someone who knows you well. This helps; it isn't treatment.

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