

Tips for Anxiety

Anxiety is a normal part of being alive. Part of the challenge is to understand and accept that because we tend to get anxious about anxiety and we tend to panic about panic!

Step one in gaining greater feelings of health and confidence, accept that it is happening. “I accept that I am human!” Say “hello” to your anxiety instead of pushing it away.

1. Your inner talk can become something like this, “Hello there anxiety. What are you trying to tell me today?” or “Oh yes...it is just anxiety, I am ok, it will pass...” etc. Take some time to design your own reassuring message so you can be prepared to greet anxiety and reassure yourself.

Write down your reassuring message here:

Step 2 is to learn to distract yourself during an anxious moment. When we use simple distraction, it can quickly reduce the physical effects of fear.

2. Look at objects around you, tap your pen on the table, put your hand on your heart or any other place on your body, talk about something light, whistle or sing, put your hands on your belly and bounce your knees while you say “ha ha ha”, gently stomp your feet to get grounded, etc.

Choose a distraction technique you will use:

Step 3 is to calm yourself with breathing techniques. Slowing your breath tells your brain that everything is ok, and focusing on the breath is a wonderful distraction.

3. Try Box Breathing: breathe in for 4, hold for 4, exhale for 4, rest for 4. Repeat until calm.

Or try Sniffs: Do 4 or 5 small sniffs in, and then breathe out slowly & deeply. Repeat this until calm.

Choose a breathing technique and write it down here:

Step 4 is to choose an app to use when having difficult feelings.

4. Get a relaxation app in your Smartphone or tablet so it is there when you need it, such as Youper, Mindshift, Insight Timer, Breathing Bubbles or Healthy Minds.

Step 5 is to get to know yourself in a deeper way and become your own best friend.

5. Over time we get to know how we create our anxiety. Therapy is a great place to get in touch with the “stories” we have inside. Inner thoughts about ourselves and situations create anxiety; plain and simple. Journaling is a wonderful tool for personal insight too.

Step 6 See a doctor to rule out any physical issues such as blood sugar, anemia, high thyroid, etc. Plus supplements such as Magnesium, GABA and Theanine (see Dr. Daniel Amen’s books for brain health).



“Opportunities for self-discovery, healing and empowerment”