

TIPS

FOR CALMING ANXIETY



JustUs
COACHING AND CONSULTING

Anxiety comes for all of us. Fear and worry naturally arise to tell us when to pay extra attention to potential threats. As a survival mechanism this is a wonderful evolutionary tool. But when our brains take us into over-thinking and over-preparation, it can rob us of the joys of vulnerability, curiosity and optimism. Keeping your focus on the present is the best antidote to anxiety. Most of our anguish comes from spending a lot of our thoughts on perceived failures of the past or future potential failures. Focusing in on what is true **RIGHT NOW** can help you reframe your thinking. This takes a willingness to stay in your feelings, to notice your thoughts, and to name the whole range of possible actions.

Be Mindful

- Twice daily 5 minute meditation (just notice your thoughts and feelings float by like leaves on a stream)
- 5 minute sensory focus (what can you hear, see, smell or feel)
- 5 minute body scan

Keep a Thought Record

- When anxiety arises, write down the trigger
- Note what you are feeling in your body
- Write down your unhelpful thoughts without filtering
- List all the facts that support those thoughts
- Now list the facts that challenge them
- What are some new possible alternative thoughts?
- What are you feeling in your body now?
- Write down one action you will take to move forward

Write it Down

- Daily write about three things that you are grateful for
- When worry takes over, try writing a worry list; then throw it away
- Ask yourself “What do I need right now?”
- Ask yourself “What can I let go?”

Prioritize Self Care

- Set clear boundaries and stick to them
- Take frequent breaks
- Get plenty of sleep
- Eat healthy and delicious food
- Drink moderately
- Spend time with people you enjoy
- Ask for help when you need it

