

BRIE VORTHERM'S

5-Step Anxiety Action Plan

First: Notice

NOTICE AND NAME HOW **YOUR** BODY FEELS ANXIOUS

Everyone's nervous systems are different. It is our job to notice when our system is in a fear state and to name it. Consider what might be the trigger for feeling fear. Create curiosity versus dread. Your body thinks its helping you.

Second: Begin Soothing

HELP YOUR NERVOUS SYSTEM SETTLE

After your nervous system has decided it is responding to a threat, you will need to help it settle. Have at least **FIVE** ways you know how to self-soothe. Examples include grounding, breathing, EFT Tapping, walking, music, comfort item, essential oils, guided meditation, etc..

Third: Address Thoughts

FEAR TYPICALLY STARTS WITH UNHELPFUL THOUGHTS

Every thought we have can produce over 200 chemical reactions in the body. Check and see if you are having unhelpful thoughts, making up stories without data, or are experiencing a thought distortion. Make a commitment to interrupt unhelpful thoughts and replace them with something more helpful or empowering:
eg. "I am safe"

Fourth: Create Habits

CREATE HABITS THAT CHANGE OUR BRAINS

Habits such as meditation and mindfulness can actually change the structure of your brain to support a more grounded and calm way of being. Meditating for as little as 10 minutes a day can rewire your brain towards calm in 5 weeks. Use binaural beat meditations or apps such as Headspace, Calm , Omvana, Harmony Hypnosis...

Fifth: Seek Support

KNOW WHEN TO ASK FOR HELP

When you have done what you know how to do to get in charge of your body and it begins to feel unmanageable, seek support. This can be friends, family, a spouse or it might need to be professional help. A 24 hour help line, a crisis text line, support groups, a mental health professional or a medical professional.