

## Your Anxiety Toolkit Podcast

### 4-Point Plan To Creating A More Mindful Narrative

#### 1. Be objective, not subjective.

Subjective	Objective
"Bad things are going to happen"	I am having thoughts about possible bad events
"I am freaking out"	I am experiencing some discomfort right now
"I think my head will explode"	I am experiencing some tightness and an ache in my head
"I can't do this"	I have been anxious before and I handled it well
"This is horrible"	Yes, this is uncomfortable, but also doable

See Episode #1: The Skill or Non-Judgment for more on this topic

#### 2. Be in the present moment.

Only attend to what IS currently happening, not what could or might happen in the future. Instead of saying, "Things will not get better," try saying, "This is how it is for me right now."

Activity: Become more aware of your surroundings. If you really want to be more present, take note of what sounds you hear, what smells you smell, what the air feels like on your skin etc

See Episode #8: Skill of Awareness for an in depth discussion on this topic.

#### 3. Take responsibility for your experience.

You aren't wrong. It isn't fair that we have to manage our anxiety all of the time. But, if we continue to tell ourselves that we are the victim, we will most likely not master our anxiety. Instead of saying, "It is not fair this is happening to me," practice gently whispering, "This is what is happening in this moment."

I love using the below statements:

*"I am going to work to improve the way I handle my anxiety by being aware of my thoughts and by not being so reactive to these thoughts."*

*"While I cannot control my anxiety showing up, I can choose to live a life that lines up with my own personal values."*

#### 4. Practice Uncertainty.

Practicing Uncertainty is one of the hardest tools to master, but it can be done.

One of my favorite ways to practice Uncertainty is to notice all the things in my life as if I had never seen it before. Just like a baby or toddler would. Instead of just picking up the keys and getting into the car, take notice of how the keys sound when they clink together. You might also marvel at the fact that keys are designed to open only some doors and not all doors. Isn't that incredible? When we really allow yourself to see life through beginner's eyes, we can be more present and less fixed on the "What if's" of our mind.

Activity: Observe your thoughts as if you have never seen or heard them before and just be curious about them. Try to see them through the eyes of someone who has not learned to judge them.

If you want a more in depth look at this, see Episode #6: The Beginners Mind.

I hope you find this helpful! ~Kimberley~