

# STOP YOUR ANXIETY ATTACK IN ITS TRACKS

## 1. CONTROLLED BELLY BREATHING

Place one hand on your belly and one on your heart. Breathe in through your nose feeling your belly rise first, then the base of your ribs, and then your chest. This in-breath should last 4 'mississippi's'. Hold for 3 seconds and slowly breathe out through your nose starting with the air in your upper chest, then base of your ribs and finally your belly. Repeat 10x.

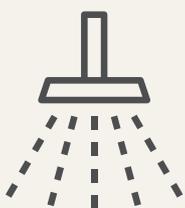
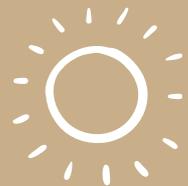


## 2. 5-4-3-2-1 TECHNIQUE

Pause and breathe in deeply until your breathing calms.  
Acknowledge 5 things you can see around you  
4 things you can touch around you and notice their texture  
3 things you can hear  
2 things you can smell  
1 thing you can taste

## 3. BECOME ONE WITH MOTHER NATURE

Go outside, take a walk in nature. Feel the warmth of the sun on your skin. Feel the cleansing flow of air through your body. Feel the grounding power from the earth beneath your feet. Feel the calming energy of the growing universe around you.



## 4. WASH AWAY THE FEELING

Hop in the shower, stand under the water, close your eyes and visualise the anxiety within you. Give it a colour or a descriptive feeling. Visualise where it is within your body – is it in your blood vessels, in your throat, in your heart, in your brain, in your pelvis, etc? As the water cascades over you, visualise the water infusing that anxiety and cleansing it away, all the way down to your feet and into the drain. Flick your hands, fingers and feet so all residual anxiety colour/feeling is flung into the drain too.

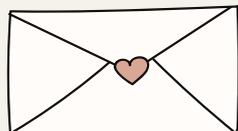
## 5. FEEL-GOOD PLAYLIST

When feeling good, create a playlist of songs that put a smile on your face, that make your heart feel light and make you feel wonderfully good. Choosing songs that remind you of a past happy memory are potent choices. Use this playlist when you feel the anxiety take control.



## 6. GRATEFUL GAME

Say "I feel grateful for..." and name absolutely anything you're grateful for. Your pillow, the clothes on your body, your furry pet – anything! Repeat that phrase 20 times.



## 7. YOUR FILE OF AWESOMENESS

Every time you receive a compliment, either screenshot the nice words or write down what they said and save them to a folder called "Your file of awesomeness". Collect these feel-good words as they pop up. When feeling untethered, refer to this folder and bask in how amazing and loved you are.

## 8. EXCHANGE THE FEELING

Lie on the floor with your palms facing down on the ground and your legs bent so your feet are flat on the ground. Notice the anxiety within your body and give it a colour or a descriptive feeling. With each breath, imagine the breath of air coming in through your nose, down your throat and into those areas where the anxiety resides. Imagine that fresh air becoming one with the anxiety and then moving through your body and being passed into the ground. With each in-breath, keep moving that air and anxiety until the ground beneath you has absorbed it all.

\*This can be done standing with the anxiety passing from your feet into the ground.



## 9. LET THE CREATIVITY MESMERISE YOU

Use a colouring book, have a journal for drawing or a space for painting any medium (paper, rocks, eggs, you name it) and let your creative juices flow and be lost in the mesmerising art of being creative. Express your emotions into art.

## 10. CHOOSE AGAIN

Pause and acknowledge the thought/feeling that you're experiencing. Forgive the thought or feeling for popping up (this disassociates yourself from that thought). Celebrate and be proud of the fact you want to feel good and you're doing something to feel better. Then choose another thought that makes you feel good. Ask yourself: 'What is the absolute best thought I can think right now to make me feel good?'. Then immerse yourself in that feel-good thought.

