



Supporting Anxiety

Anxiety is a protective mechanism that has served us and promoted survival since the dawn of humanity. It's important for us to start listening to our bodies, to start decoding the cues in order to be in charge of the anxiety.

It's not as simple as "Don't worry", because worry serves. It's about starting to get curious about our anxiety cues.

Where does this come from?

Is this founded? (Sometimes, it very much is!)

What part of what anxiety is telling me is helpful and/or accurate, based in factual understanding or previous experiences of the world?

What part of what anxiety is telling me is unhelpful and/or inaccurate? Which part of this may be a cognitive thinking error?

How much can I simply sit with anxiety and uncertainty?

With that in mind, we start the journey of the Anxiety Detective, to explore when and where anxiety comes up for us.

AN ANXIETY DETECTIVE

Congratulations on starting your journey to being an anxiety detective! We're going to be tracking anxiety, and discovering the clues our bodies tell us that we feel anxious and finding out what makes us feel this way. To cracking the case!



Where did this happen?

What were you doing?

Who were you with?

How did you know you were anxious?

What did you do about it?

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How did you know you were anxious?

What did you do about it?