

Begin by identifying what your anxiety feels is important right now. At least you will be on the same page. Hear, value, and understand your anxiety first. Only then will it allow you calm so you may lead yourself in the right direction.

Foresight ~ Focus ~ Procrastination Alert ~ Task-completion ~ What-if's
CONSCIOUS ANXIETY PRACTICE

There are gifts in anxiety? Yes! It may be surprising to learn that anxiety is useful, because it is usually described only in terms of disorder or disease. We are taught to identify emotions only when they're in a heightened state. We tend to think of intense, gut-wrenching anxiety rather than the information and energy it provides.

However, anxiety (which is related to fear) helps you plan for the future and complete important tasks. If you connect with your anxiety, it can give you focus, energy and motivation.

Plus, trying to ignore or suppress anxiety takes a lot of emotional energy that leads to depression, procrastination, and exhaustion.



1 WHAT YOU NEED TO GET STARTED

- Use your journal or some paper and get something to write with
- A timer on your phone or clock

2 BEGIN BY SETTING TIMER AND SAY ALOUD "I'm consciously questioning my anxiety now."

- Ideally, set your alarm for 10 to 30 minutes each time you practice
- Write freely about what is on your mind, your worries, concerns, should's, terrors and "what if's"
- Use the questions on the next page, if needed, to help understand anxiety more

3 ALSO MAKE SURE TO ASK "What are my what if's?" and "Anxiety, what needs to get done right now?"

- You may have more than one answer which is okay. Write down as much as you can
- You may also ask what ACTIONS you can take today to help with what you're anxious about

4 WHEN TIME IS UP, CLOSE WITH SOMETHING LIKE, "Thank you anxiety, I am wrapping up the practice now."

- At any point during your day, if you feel anxiety or your mind wants to loop into worrying, you can gently let yourself know that you will give it time during your next Conscious Anxiety practice. You can also have impromptu practices



"Anxiety helps you organize, plan for, and complete your tasks – it's related to fear, but it helps you orient to the future rather than to the present only. Anxiety is your task-completion superhero."

Karla McLaren, MEd

SPECIFIC QUESTIONS TO UNDERSTAND MORE ABOUT ANXIETY

Is there anything I think I should be doing or shouldn't be doing or at least prioritizing?

Anxiety, what do you really need to get done right now?

If I could take ANY ACTIONS today, what actions should be taken?

What have I completed recently that may have loose ends? Anything unfinished that I have avoided or forgotten about?

What are my "what if's?" right now?



"In its intense state, your anxiety may be in a kind of feedback loop, which could be initiated by many things. Internally, it could be generated by an increase in adrenaline, cortisol, heart rate, or other physical conditions unrelated to task completion, but you'd feel those ramped-up intensities, and unknowingly loop into more anxiety."

Karla McLaren, MEd

Are there any upcoming due dates I may be concerned about?

Do I need more information about anything going on right now?

Is there anything I have overlooked? Have I been avoiding or procrastinating anything lately?

What are the BIG things in life that are really disappointing me right now or bothering me?

Who or what do I need to remember to place as a priority?

Can I delegate my tasks or is anyone else capable to help? Who could I ask and how could I communicate this to them?



What is one small task I can complete right now?

What do I need to do to prepare for any major concerns and anxieties right now?

Do you have more "What if's" that you haven't already listed above? For example, "What if I am single forever?" "What if I'm sad forever?" "What if overweight forever?" List as many "What if's" that show up for you in this moment

Ask your Anxiety if it trusts you to listen to it and take it seriously.

Since you may have made some agreements to take action, it is essential to do what you've agreed to for yourself.

Plan for steps in the right direction.

If you have high-levels of anxiety it is likely your anxiety does not TRUST you to listen to it or take it seriously.

Leverage this practice to earn trust in yourself more and more.

PRIORITIZE WHAT NEEDS ATTENTION FIRST AND DESCRIBE ACTIONS TO TAKE OR PLAN FOR: