

HOW TO **BANISH WORRY** &
LIVE A PANIC-FREE LIFE

THE ANTI
ANXIETY

Formula

CHECKLIST

The Anti-Anxiety Formula

Checklist

Unpleasant feelings are a part of our daily lives. They are there to teach us a lesson. Once we've learned our lesson, they often move on, but might come back with another lesson later. As a result of these experiences, you're likely to feel sad and stressed. These are perfectly normal emotions to go through from time to time. Everyone feels low and apprehensive about something or the other at some point in their lives.

But when these unpleasant emotions begin to consume you, then you must act before it's too late. This checklist will run you through the simple tips and techniques to help manage and overcome your anxiety.

Chapter 1: You and Your Anxiety: How to Overcome Your Stuck Points

Anxiety can creep up on you in many ways from physical and behavioral symptoms that are obvious to subtler symptoms that mess with your emotional and cognitive state of being. Yet, each time, it can leave behind a somewhat similar and familiar feeling - the feeling of being a little more lost, battered, and alone. Let's look into the personality concepts that will help you understand how your anxiety works.

The Multifaceted You

Now, you cannot understand the average anxious person to understand your anxiety. You don't need to either. You need to understand the many dimensions within which you and your anxiety exist. Once you start identifying these dimensions which are mostly characterized by triggers and symptoms, you'll be able to work around them, and in time, overcome them too.

Understanding Your Anxiety and What It Is Doing to You

Anxiety on the inside can affect what you do and how you act on the outside. And so, if you were to observe your mind and body carefully, you might be able to notice some signs, behavioral and physical, that can tell you what your anxiety might be doing to you. For instance, an anxious person might be dealing with several conflicting and apprehensive thoughts. The internal noise and fear that reverberates inside might make them appear tired, withdrawn, and/or nervous.

Reflecting upon Your Triggers and Identifying Beliefs That are Standing in Your Way

If you could follow an anxious mind, you might see patterns of unfavorable thoughts that keep playing on and off. These thoughts might be triggers to the anxiety itself, and so addressing them is very important. A clinical technique called imagery exposure, used in therapy, can help address the triggers as well as identify their sources.

This Is the Start

Now, this is a gradual process and is the first step to addressing your anxiety. Once you know what's causing your anxiety, you can, in time, find ways to manage or overcome it.

Mindfully Moving Beyond the Beliefs Blocking Your Path

To be able to solve problems, you must think realistically, coherently, without any chatter. And unfortunately, when anxious, our mind can get tied up in its contemplation wheel and fail to work on more productive and purposeful things.

Where to Next?

At this point, you should pat yourself on the back. You've made progress and are a step closer to understanding and managing your anxiety. Take a moment to pause now and then. Stay in the present. This is your reality.

Chapter 2: Your Mind, Your Body: How to Face Your Inner Demons

You probably experience anxiety in one form or the other, but don't know where those feelings come from. This is completely normal and is a sign that you are ready- ready to understand the origins of your anxiety and ready to work your way around and overcome it. Let's learn how to address your mental and physical battles while digging deeper into the source of your anxiety - your inner demons so to speak.

Putting Events, Emotions, and Vibrations Together

The confusion and anxiety you feel today could be the result of seeds planted in your past. And so, dwelling into your past, into memories that you perhaps would otherwise like to avoid and

forget or have consciously erased from your mind, can help piece together the source of your anxiety.

Imagining the Worst

Life can be rough sometimes. Bad things can happen without a plan and then can leave behind a sense of lasting pain and fear. But sometimes, our mind can fantasize about things that never happened and probably might never happen too. These things can be our biggest fears. We can imagine catastrophic events and jump to the worst possible conclusions with no reason or logic. And so, by doing that repeatedly, you live the experience that many times (because your mind and body might not be able to differentiate real from the imaginary world).

Self-Blame. Self Loathe. All of it.

Rachel suffers from constant worry and anxiety. Some she says are the result of the busy life she leads. She wakes up at 5 am every day, travels an hour to reach work, is constantly rushing through meetings and deadlines, takes another hour to reach

home at 8 pm, cooks and finishes her dinner, prepares for the next day before she can go to sleep at 11 pm.

Sometimes things get rough, her anxiety kicks in as a result of her worst imagination. Here's how she says her mind plays out events when that happens: As a result, she blames and hates herself.

Connecting Them with Your Mind and Body

Remember, you can manage and even overcome your anxiety by learning to feel better with introspection. Ask yourself as many questions about your anxiety. Persist because deep down, you have and know the answers. Observe your relationship with your feelings, thoughts and your body's responses to them. Track them and talk yourself to a better, calmer, and panic-free state of mind. Yes, you can!

Chapter 3: Overcoming Resistance to Change

Being watchful, precautious and reflective while taking your time to do important things might have their advantages, but if your habit is inching more towards procrastination, then it could be that you are resistant to change. And frankly speaking, you are not alone. Most people, in some way or the other, are resistant to change because of the level of uncertainty it brings with it.

Recognizing Any Resistance to Change

Some get so lost and stuck up in the cycle of anxiety that they fail to recognize the scope for change, for a better life. While most of these thoughts are indeed assumptions, they can become the very beliefs that stand in the way of what you want to achieve.

Belief-Systems That Stop You from Acting on a Change

- It's better to be realistic and accept my shortcomings. I'm not going to change. I know that.
- I'm not as good as the others. Surely, I can't compete with them.
- I don't want to ask for help. It will make my weaknesses obvious and then everyone will know.
- I don't think anyone cares. No one will help me.
- I messed up when I could have made things better. That was my only chance. I can't do anything now and must settle for what comes my way.

Self-Sympathy. Self-Loathe. Anxiety. Depression.

- I am helpless. No one cares and no one will help
- I've been misunderstood and mistreated all my life. No one changed for me. So why should I change?
- They don't realize that I don't like being this way, that I have no choice.
- This is so unfair

- Oh, forget it. I'm hopeless. I hate myself.
- People will mock me. They already are. I know it and I want to hide.
- There is no point. I can't see any purpose in my life.
- I'm so alone and I want to cry

What Do You See?

The more checks you have, the more you are resistant to change. You can change right now, or you can try and fail and try again. Both are normal and positive outcomes. Keep at it because the harder you try and the more you persist, the more likely you're going to become the change.

Re-writing Your Life - One Change at a Time

Our minds are capable of wonderful things. They can envision a beautiful life. Use this to advantage. Talk to your mind. Listen to it too. Establish a relationship with it and once it feels heard and starts responding, teach it to create positive and inspirational thoughts for you.

Chapter 4: Reflection: How to Arrive at Acceptance and Move on From There

This process isn't easy. It isn't quick too. But we guarantee that the rewards are long-lasting and worthy. The first step to this process is to monitor your body's responses to events that bring on your anxiety.

Once you are physically aware of what your body is going through, you can track your feelings and observe their relationship with each other. Finally, we show you how to become more aware of your present state of mind. We show you how to accept it and move on from there.

Understanding Your Body Signals

Daisy is a bit taken aback when her doctor diagnoses her with anxiety. Her doctor suggests she spend more time listening to her body and so she tries to understand her body signals by writing down unpleasant physical sensations as she experiences them. What she discovers over a week surprises her. She realizes she is experiencing some of the tell-tale signs of anxiety. She decides to take control of it and with the guidance of her doctor starts tuning in to find a way out of her dilemma.

Minding Your Moods

After you become more aware of your body's signals, you might be able to connect them with your changing moods. Track your moods every day for a week.

Rehabilitating Your Thoughts

Now that you've spent a little time with your mind and body, you might have a fair idea of what they're trying to tell you. This

understanding will only get deeper and more intuitive as you understand yourself and your anxiety better (and you'll get there as you keep working on the worksheets).

Finding Acceptance

Now, it's time to move on to the phase of acceptance. And to get there, you must first unearth and remove any distorted thought patterns that might be stopping you from moving on.

What Are Distorted Thought Patterns?

Distorted thoughts are thoughts that are disconnected and different from reality. They are thoughts you tell yourself to avoid reality.

Assessing Your Present and Preparing a Plan for the Future

Now that you know your pitfalls and the stuck points that are stopping you from moving ahead, accept them, without guilt or resentment (it makes the process of letting go of them easier). Face your problems and take action to change it. Assess your responsibility and determine your next steps.

Connect with Now

Ask yourself:

- Where are you now?
- Where do you want to be?

Chapter 5: Acting against Angst: How to Act on Your Fears and Achieve Your Goals

If introspection and mindfulness can help you understand the origins and outcomes of your anxiety, changing your behavior can help you overcome it. By setting goals, you can change your narrative. And by changing what you do, you can change the way you feel.

Evading Avoidance

If you experience fear and anxiety, you probably avoid the things that make you feel uncomfortable. For instance, if you don't like crowds or if socializing makes you feel anxious, then you may choose to avoid crowds, like going out on a holiday or shopping during peak times.

Acting against Your Fears

Congratulations. You've completed the first step. You're doing great. Now that you've zeroed in on your fears and where they come from, you can create a plan to overcome them.

Begin the Process

- Create and Execute Your Plan
- Consider Every Aspect That Might Influence, Conflict or Jeopardize Your Plan
- Be Mindful of Any possible Setbacks, But Don't Let Them Wear You Down
- No Need to Hurry
- Know When You've Tried Too Long
- It's Okay to Fall. Fail Too
- Realign Your Plan. Improvise Too
- Complete What You've Taken
- Become a Better Version of You

Chapter 6 - Navigating Self-Imposed Obstacles: How to Stop Being a Hard Task Master

The general perception is that people with anxiety live too far in the future. They worry about what might happen the next moment, the next day, next week, next year, but struggle to stay in the present. They fear the unknown and so spend a large part of their time searching from cues from the future.

Moving Ahead of Any past Pain Memories

When something unpleasant happens to you, it is only natural to do everything you can to avoid going it again. Outwardly, this makes sense, and it is healthy to learn from our experiences (good or bad) and move on.

Overcoming Obsessions

Obsessions are repeated unwelcome thoughts, images or impulses that force a person to act on them. These thoughts can soon become the reason you worry all the time, in turn, creating a breeding ground for your anxiety.

Knowing When You Need Help

Plenty of people experience minor obsessions in one form or the other and that's completely ok. Obsessions might cause no problem. But if your repeated thoughts and actions begin to infringe/violate on yours and society's belief systems, then it can become a serious problem. We suggest you seek medical help then.

Obsessive-Compulsive Disorder (OCD) can cause a great deal of emotional discomfort. It can also consume a considerable amount of time of the person living with it.

New Beginnings

Love yourself and feel good about everything you are going to do in the future. The happier and more content you stay within yourself, the more your brain recognizes your happiness to stay away from any unpleasant obsessions/compulsions as a reward. Also, you are likely to feel less anxious too.

Focus on the Positives

Remember that every mistake made is a lesson well-learned. Take the positives out of the outcome and push further. Staying motivated is all about staying positive and optimistic. Draw inspiration from people who've made a difference in your life. Read plenty and draw inspiration from other achievers.

Chapter 7: Preventing Burnout: How to Overcome Your Anxiety without Getting Tied-Down by the Idea of Perfection

Setting Real Expectations

So, you've understood the origins of your anxiety and are working on your goals. You're also in the process of working on any obsessions and stuck points you might have to come across in the way. The ideal scenario is that you enjoy your progress and learn from any lessons and setbacks. You take everything in stride and don't get too influenced by it.

But sometimes, this can be easier said than done, especially for a person dealing with anxiety. Sometimes, their anxiety-driven expectations can get in the way.

Perfectionism and Borrowed Expectations

Setting expectations while chasing goals is a great way to ensure you complete everything that you've set forth for yourself. But if those expectations aren't stemming from your needs, and are, on the contrary, based on what others believe is right, then you're more likely to be living someone else's life. The dreams aren't yours and the pursuit, although committed by you, may feel disconnected in some way. Finally, the success (if you manage the conviction to get there) won't be rewarding enough.

Leaving No Room to Pause. Falter Too

As a result, you may end up feeling that you haven't done enough, aren't good enough. You're likely to work harder, chase farther, with no room to pause. Falter too. You'll always want to feel more because everything that you feel in your pursuit of living other's dreams may not mean as much to you. Unrealistic and borrowed expectations is considered a risk factor for developing anxiety problems.

Avoiding Comparisons

A common obstacle while making personal and transformative changes is social comparison. You cannot compare yourself to others when it comes to creating an agenda that works for you (well, you can, but it won't be helpful). A schedule that feels convenient and right for someone else might not be right for you.

Change Everything If You Have To, but Change Them One Thing at a Time

Changes in how you feel are going to come from making a mixture of external changes (such as changes in how you spend your time) and internal changes (such as what you think and believe).

- Reflect on your narrative. What part of it do you need to change?
- What do you need to do to act out the change?
- Make a list of steps to get there.
- Start working on them, one step at a time.

Fear of Feedback

At large, feedback endorses progress. Used constructively, it can help people improve. However, that might not necessarily be the case all the time or for all people, especially anxious people. Anxious people mostly avoid it because of the additional layer of expectation and criticism it can put on them. Most anxious people already feel stifled by all their compulsions, obsessions, expectations, perfectionism. Another lay may not help.

Reward Yourself. You've Made Great Progress

After you've worked on a task you've been avoiding, allow yourself to enjoy the fruits of your labor by taking time to appreciate yourself, doing something you like to do. Choose rewards that can help you progress from where you are.

Chapter 8: You've Got This: How to Banish Worry and Live Panic-Free

Here are some quick-fixes and effective tips that can get you up and about when you're not quite your usual-happy self.

Simplify

If you've been practicing the worksheets presented in this book, you might have a better idea of how your anxiety plays out. You might also know the handful of issues that trouble you - the ones that still creep up on you when you least expect them to. Here are some quick, but effective tips to keep them down and out of your way for longer periods.

Anti-Anxiety Formulas

- Breathe
- Exercise
- Express Yourself. Talk It Out or Journal Your Thoughts
- Listen to Music
- Spend Time with Pets
- Give Your Mind Something More Productive to Chew On
- Stay in the Present
- Your Anxiety Your Journey
- You Decide. Ready or Not?