

Four Easy Steps to Reduce Anxiety

Right Now

A Little Loving Prep

Before moving forward with the four steps below, please do the following:

- Take a deep breath
- Remember negative feelings will always come
- Don't bring judgment into the story of what happened or could happen
- Be as objective as possible

The key to reducing anxiety is mastering emotional agility, which is entering and exiting emotions with skill and intentionality.

This approach to processing your feelings combines positive psychology and neuroscience to improve your emotional agility. It identifies an emotion, dissipates its energy, and moves you toward a more positive emotion or action.

Step #1: Identify the Emotion

Just name it: fear, sadness, anger (try to stick with raw emotions vs judgmental ones that put blame or shame on someone else like "betrayal").

Step #2: Feel the Emotion for 90 Seconds

- Neuroscience shows that it takes 90 seconds to feel an emotion (we're like the ocean and an emotion is a wave that passes through us).
- Stick with the emotions: anger or sadness (and keep saying it).
- See if you notice the emotion someplace in your body (and tune in to that part of your body) while feeling the feeling.
- Do not ruminate about the story of why you have the emotion (e.g., DON'T think about someone being cold or unkind).

*So much joy
comes from being
ok with difficult
emotions.*

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Tip #3: After 90 seconds, ask yourself what do you notice?

Check in with yourself...and notice what emotion or insights come up. You might feel calmer or have a new insight (or reminded of an insight you already knew).

Tip #4: What action (if any) do you want to take at this point?

The feeling might pass and you might not feel compelled to do anything. Or, if you do want to take action...for example, to express your emotion...remember to make sure it's directed to the right person, to the right degree, at the right moment.

Feel Calmer, Be Happier

Emotions are predispositions to actions.

With a greater awareness of your emotions, you'll be able to determine if you want to keep or let go of the emotion. If you want to let go of the current emotion, you can then pick a new emotion. With that new emotion comes new ways to behave, act, and think.

I invite you to approach your emotional life with a fresh perspective and feel comfort in knowing you'll be ok no matter what!

With love,

Rosie



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