

Your brain creates patterns based on emotional experiences. Anxiety is a response formed out of fear but continues often from the ingrained pattern itself.

Changing this pattern is possible. Use a rewiring protocol such as this:

1. Notice your trigger 
2. Breathe deeply 
3. Notice your thoughts 
4. Sing a song, clap your hands, move on to a new activity, redirect yourself 
5. Celebrate your work toward change 
6. Be kind to yourself 

## Rewire your Reaction

You know when you've had a bad day and your good friend or your mom comforts you by stroking your back and letting you literally lean on them for support?

Feels good, right?

Your body doesn't know if the hand that that is touching you is yours or someone else's, it just feels good to be soothed in this way.

Pet your arm like you would a cat or dog or give yourself a hug when you feel anxiety.

Talk to yourself in the way you speak to your precious pet!



## Be your own pet

# Four Antidotes to Anxiety

## Breathing in Between

Deep breathing is seen as the go-to way to calm yourself. But when you feel anxiety rising or you're having a panic attack, breathing deeply seems impossible!

If you only breathe deeply when you are having anxiety, you create a pattern in the body that pairs deep breathing with fear.



Breathing deeply when you feel good, bad and anything in between makes connections to any experience. You can unlock a sense of power when you can turn deep breathing up and feel a greater sense of relaxation.



## Grounding

Anxiety can throw us off balance. A grounding activity can help you to get back to your regular self.

Standing outside without shoes or socks, weather permitting of course, can help you feel connected to nature and also to yourself.



Alternatives can be sitting or standing with your back to a wall, putting your feet into a warm epsom salt bath, or setting your hands firmly onto a table.

If you are standing, bend your knees a bit, push into the floor and feel your feet, then stand tall with your chest up and head high. A confident pose can be a quick antidote to anxiety.