

A strategy for dealing with anxiety

- When you feel anxious:
 - Recognise it *"a part of me is feeling anxious"* Notice where you feel it in your body, rate it out of 10.
 - Allow it to be there / permission to feel it (rather than suppress/repress)
- *"it's ok for me to feel this, this is an emotion and it will pass"*
 - Investigate - what is this emotion telling me? Is there an underlying belief that's driving this? What do I need to know from this?
 - Breathe - soften into the breath and where you're feeling it in your body
 - End with compassion - may I be safe, may I be well, may I be calm