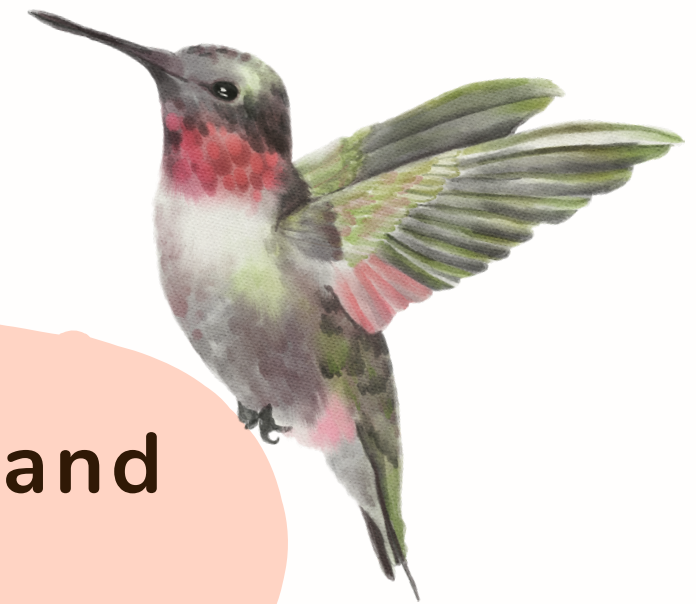
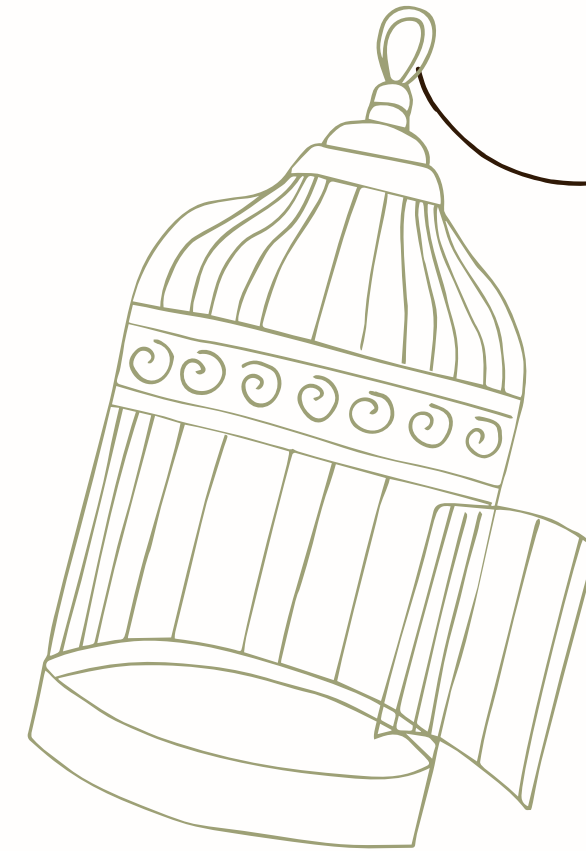


# Anxiety RESET



A creative & visual way to understanding and  
dealing with anxiety



# Today's Agenda

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1

Introduction to the Session

3

Meditation & Creative Exercise

2

Write it out...

4

Summary and Action Items

# Introduction

Anxiety is classed as a feeling of worry, nervousness or unease about something with an uncertain outcome.

Symptoms include restlessness, fatigue, irritability, worry, overwhelm, headaches, muscle aches, stomach aches, sleep problems and an inability to concentrate.



Stress



Overwhelm

# Time to Check-in

1

Take time to bring your awareness to your body and mind.

2

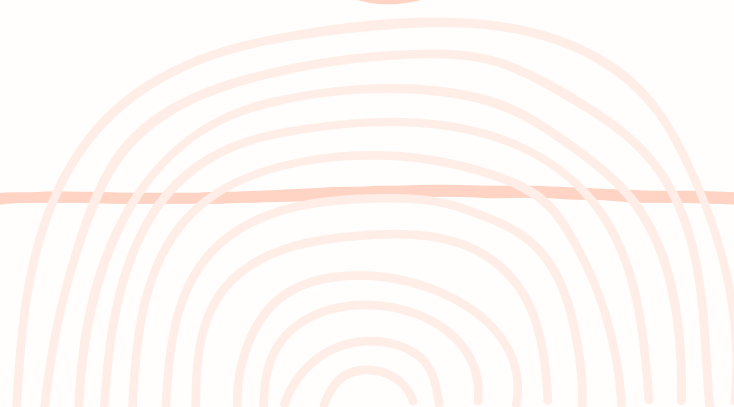
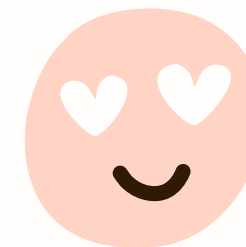
Allow thoughts, feelings and emotions to surface.

3

Write them down.

Writing it down gets it out of your head and can make it less daunting.

How are you feeling?





Where does your anxiety come from?

1

What was the last thing you did that made you feel anxious?

2

Do people make you anxious?

3

Do situations make you feel anxious?

4

Can your anxiety seemingly come on out of nowhere?


5

Do you have days when you are more anxious than others?  
What is the commonality?

# What are your triggers?

What do you experience that makes you feel anxious?





**Let's now do a  
meditation to help  
'release' your anxiety.**

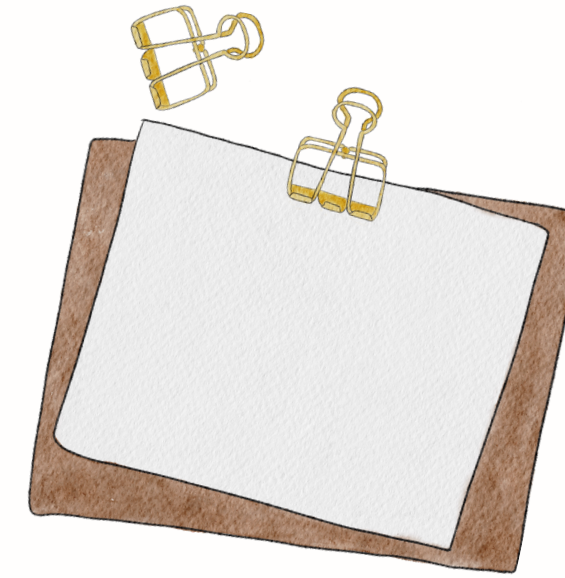
**Let's begin**

# Creating Calm Island

In alternative health - if we look to remove or release something that is no longer helpful (potentially negative) we have to replace it with something positive. Together in your groups you will create your own 'calm island' and bring together different ideas and inspiration. This is a team effort and please use that wonderful imagination of yours! For this creative exercise you can create whatever YOU would like to experience in order to feel calm.

1

Take a large piece of paper.



2

## Grab some pens!



3

Brainstorm and draw/capture  
your ideas to create your  
island. 🚤 🌴 🌊



# What's your takeaway from the creative exercise and meditation?

- 1 Did anything come up for you during the meditation?
- 2 Did it help doing it before the creative exercise?
- 3 Did the 'doing' part of the creative exercise help to think about things in a different way?

# Action Items

Discover your power circle

So let's think about your power circle - what you DO have control over. The choices and actions you CAN incorporate into your day.

1

Write some simple action items down. Here are a few examples...

When I take a bath, I'll add some nice salts, candle and music

I will try to make an effort to take a walk or write in my journal.

I will make myself a nice drink or cook nice food whenever I can for myself too

2

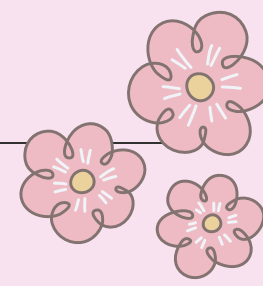
It can also include mindset tweaks





# Mindset Quotes

Affirmations for  
your soul



*I honour my  
inner voice of wisdom*

*Today I  
abandon my  
old habits*

*What doesn't nourish  
my soul. I now release*

*I'm <sup>♥</sup>  
Body  
Positive<sup>♥</sup>*

*I commit to  
sharing my truth  
with others and  
letting them see the  
real me*

*"Trust"*

THE GUIDANCE FROM  
THE UNIVERSE

*"I consciously choose to  
focus on what is going  
right in my life."*



# Closing the session

1

Take a moment to breathe deeply into the body.

2

Connect your breath to the flow of your energy and start to circle it around you to create a protective barrier of light.

## Action 1

Put all of your focus and awareness on your breath

## Action 2

Imagine a circle of light from under your feet, over your head and looping back around again

## Action 3

Expand that circle of light to cover your whole body and energy fields

## Action 4

Breathing through the heart, allow the circle of light to dissolve your anxiety and offer you protection



# That's a wrap!

Thank you for participating!

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