

M2 Unhooking From Anxiety

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. Mindfulness can be used to recognize the thoughts, feelings and sensations in the body when fear, worry, anxiety or panic are present. When those arise, you can notice them with curiosity, unhook, and interrupt the habit of anxiety.

FOCUS ON AWARENESS, NOT FIXING

Pay attention on purpose to what is happening in the mind and body when anxiety arises. What do you notice? Become aware of habits you have or use to deal with anxiety. Recognize that this habitual behavior, while it might have had a very good reason for establishing itself, is no longer of service.

EXAMINE HABIT LOOPS

Reflect on the habits that are no longer serving you and map them out.

What TRIGGERS the habit to activate?

What BEHAVIOR is the trademark of the habit?

What RESULT/OUTCOME/"REWARD" arises from the behavior?

Do not fix. Just be aware.

INQUIRE

Get to know this part of who you are.

Inquire, "What am I getting from this behavior?"

Notice your visceral, embodied sensations, your thoughts, your feelings.

Still no fixing. No intellectualizing. Just be aware.

DISCOVER A SUSTAINABLE REPLACEMENT BEHAVIOR

Let mindful curiosity guide you to a new behavior that leaves you feeling open, spacious, at ease. Let your "hmmmm" out.

BE EASY AND COMMITTED

Stay committed to a growth mindset to help manage risk and turn away from safety behaviors. Try seeing events as challenges, opportunities to practice new skills that will help you overcome your fears. Believe your qualities and achievements can be developed with personal effort.

"The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives." -Carol Dweck, Ph.D.

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