



# Anxiety Factsheet

If you're exhausted reading this list and feel overwhelmed to start then hear this, if everyone without an anxiety diagnosis did these things they would become leaders in their fields, better wives, and mothers or fathers and brothers, they would inspire many and move towards their dreams. Having Anxiety simply gives you even more reason to develop these life skills. Life wasn't designed to be easy, boring or in fact happy. It's a journey of understanding ourselves and pursuing more of what makes us feel good, have courage and a connection to others, a journey of survival of contribution and community and therefore improving our value of ourselves and others.

What you put in place from this list you get back out, it's simple as that. It doesn't have to happen overnight. It's a gift, not a curse once you get to be the boss and not let Anxiety be the boss. It can be the motivator most people never get to live life more fully. This is my Thrive Guide - how I've learned to live with anxiety and lead a life I love!



## ***1. Balance Blood Sugar***

Everyone knows if they skip meals they get 'Hangry' - Hungry and Angry. Well, I get 'Hanxious' and I know it's not only if I skip meals but if I overeat, undereat, binge, carb-load or anything that skews blood sugar. When my blood sugar slips I get edgy, despondent, and grumpy and I'm prone to catastrophize then panic. And the science supports this.

The brain runs on glucose so when it doesn't metabolize right our neurotransmitters get skewed. It also works in reverse - if we get anxious we flip into fight or flight mode, make adrenalin/cortisol and our blood sugar is raised - also throwing us out of whack. Chicken and egg here. Best thing I can do to balance my blood sugar is eat three meals and two snacks a day, eat protein, fiber and healthy fats at every meal/snack, drink plenty of water to avoid getting dehydrated, avoid stimulants like tea, coffee and alcohol as these also mess with blood sugar.

If my mood is affecting my desire to eat, I eat anyway. If my mood is causing me to overeat, I get support, nutritionist advice, loads of self-acceptance (we'll come back to that later) keep a food diary and get back

to basics, eating clean and cutting C.R.A.P. Caffeine, Refined Sugar, Alcohol, Processed Foods. There's lots of credible info out there on how to balance your blood sugar and why you should. Perk - it's not just great for anxiety, it's great for all-around health and happiness.



## ***2. Eat for Gut health and supplement Probiotics***

As this is where our neurotransmitters are made and our vitamins are rapidly absorbed it makes sense to keep the gut healthy and digestion efficient. Eat prebiotic and probiotic-rich foods and take a high-quality complex of live cultures known as a probiotic supplement. If you want a deeper understanding (and it might just be the secret to good all-around health) check out my guide to gut health at [www.clairearnott.com](http://www.clairearnott.com).

## ***3. Take Boosters***

Take a pharmaceutical grade best quality multivitamin and multimineral supplement and an essential omega complex. Consider a good quality turmeric supplement like Pukka Turmeric. Today our busy and hectic lifestyles combined with food that is nutrient depleted from radical farming methods and international shipping means to thrive many of us need much higher doses of vitamins and minerals than our food alone can supply. Enter the supplements industry to wedge that gap.

## ***4. Learn Transformational Breath Techniques through yoga practice or Breath Coaching***

No doubt the proof is in the pudding. You can't take my word for it that observing and managing your breathing can transform your mental health you have to try it yourself. Whether it be in yoga classes, through private coaching or even online tutorials commit to experimenting with techniques and finding what works for you.

Here's somewhere to start <http://www.tedxnewcastle.com/speakers/jambo-truong>. Jambo Truong is one of my teachers, an International Forrest Yoga teacher and Western Functional Anatomy alongside East Asian Medicine specialist, what a combo. Interestingly his Mantra is "risk being great" which I love to apply to my Anxiety nowadays as I used to allow my fear of risk to hold me back and limit how I lived my life! Not anymore. You could also look at alternate nostril breathing and 7/11 breath as easy and effective techniques for breathing. See my breath infographic and online audios at [www.clairearnott.com](http://www.clairearnott.com).

## ***5. Walk often and walk in Nature, walk barefoot too!***

Needs no explanation.....



## *6. Practice Yoga asana, Qi Gong or Tai Chi - make it a daily go to overtime*

This is more than exercise for good mood, this is more than exercise to make you physically fit, this is about self-esteem, about the body as a tool to anchor and focus the mind and in a fascinating flip, for the mind to then understand the body, its messages, and signals, its intricate workings. These powerful movement practices create mind-body connection and stabilize the nervous system, settling or rewiring our fight-flight responses. It's within this 'state' that self-esteem can be repaired as we learn to recognize how connected we all are and how our experiences and behaviours may influence our outcomes but do not determine our worth and value as a human being. That as human beings we are born worthy and enough.

## *7. Meditate (or sit quietly) every day or practice guided meditation or Yoga Nidra*

Meditation reinforces the journey to 'Self', yoga asana, in fact, is a tool to take us on the journey of meditation - focused thought observation. In Meditation, we play witness to our thoughts and this helps to develop non-attachment and compassion. We can watch our thoughts and learn how to let them go. If the practice of meditation seems mystical or unobtainable then Yoga Nidra - yogic sleep is deeply relaxing and works with the subconscious creating an opportunity for space between thoughts and generating stress resilience.

Yoga Nidra Network <http://www.yoganidranetwork.org> has fantastic free recordings. I have studied with Uma, the Founder, and use Yoga Nidra both for myself and my students. An adaption of it is currently being woven through American Medicine called I Rest, most likely in NHS Psychiatry too at a high level. See my own Guided Yoga Nidra Video or Meditation Audios at [www.clairearnott.com](http://www.clairearnott.com)

## *8. Mindfulness - Brain Training & Worry Management Techniques, learn to use it on the go*

Jon Kabat Zinn pioneered Mindfulness-Based Stress Reduction. <http://www.mindfulnesscds.com/>. I believe learning Mindfulness is probably the single most effective tool in Anxiety. I consider myself in many respects to have an addiction to thinking. I am also a comfort junkie who doesn't like to live with risk or discomfort. I'm ill-equipped at feeling my emotions and thinking is my drug of choice to numb out or self-medicate. I'm afraid to feel. I have a Low frustration tolerance. When I am faced with worry and fear my default is to say I can't stand it/can't do it, to panic and fear the worst. CBT can teach how you manage some of these compulsive thoughts and rigid beliefs but ultimately it's more thinking, thoughts to out-think the difficult thoughts.

Mindfulness is different, it's letting go of yesterday and tomorrow, of worry, of uncertainty, of the unknown. It gives you something tangible in the moment - even if it's fleeting. It's total trust by letting go of that which you can't control. Acceptance and Commitment Therapy (ACT) is Mindfulness-based, goals focussed and very effective. Read the <https://www.thehappinesstrap.com/m/>. My favorite book for Anxiety Management alongside The Happiness Trap is Windy Dryden's 10 Steps to Positive Living Sheldon Press. Both highly transformational and valuable books.

### *9. Keep a Gratitude Journal - the best anti-depressant ever and it works!*

The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see - Dr. Robert Holden. Gratitude and contribution are the secrets to realizing our heartfelt desires. When contribution and gratitude flow freely, when we sing out our message to the world, doing what we love, pursuing what excites us and makes us feel good, we vibrate at a higher level, our consciousness is raised, self-awareness improves, and life simply flows even with its peaks and troughs. Gratitude makes us stress resilient and happy. Focus on Gratitude today and what contribution you can make based on your values and intentions. Watch your world shapeshift. And lead the way for others too. Every day simply write down what you are grateful for even on the hardest days seek out the glints of light. Even if you can only find one thing each day or 10 start today.

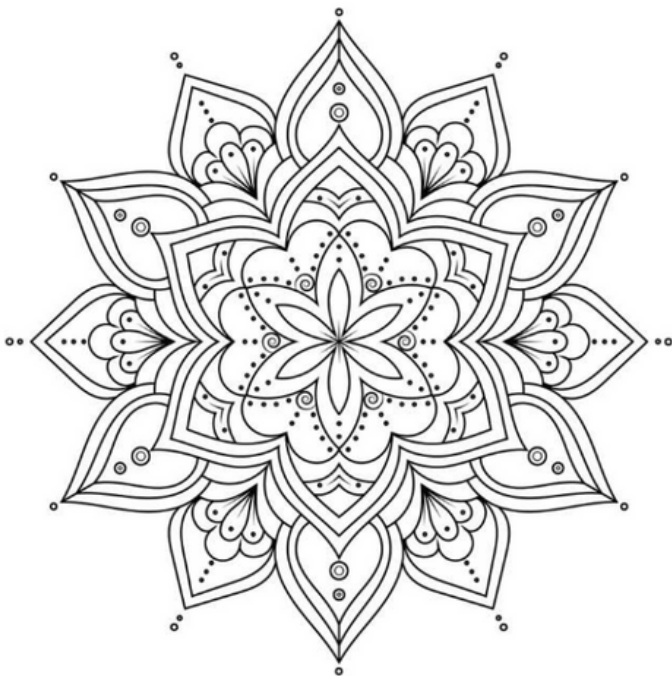
### *10. Do what you love!*



Move beyond your Anxiety by moving on regardless of your Anxiety. You cannot wait for it to be gone to live your life, you cannot blame Anxiety for ruining your life, refusal to accept Anxiety or demands for a solution, searching the four corners of the world for a magic pill or cure, sleeping 19 hours a day to avoid facing it..... they all maintain Anxiety and fuel intrusive thoughts, they feed the fire and I learnt this because I lived this. I imprisoned myself and I reasoned my role in it, screamed my innocence and day in day out I stayed imprisoned. One day I decided to accept my sentence, to hold the bitter truth that maybe this was my lot and that I was playing a role in it. Then when I did accept this, my lot got a whole lot better. Set out your dreams and goals and don't let them be anything to do with having or not having Anxiety - then make a backward plan to one of those goals that starts today - feel the fear and do it anyway.

Do what you love, make the pay off of having Anxiety an amazing one, tell yourself you deserve it because you do. You are not alone, in fact, you're in a pretty large but exclusive club and so so many people will understand, relate and support your journey if you need and let them.

## *Colour Me Mandala*



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