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**Your Guide - Anxiety and Worry  
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Thank you for choosing to read this guide. For many it is a time of unsettlement and uncertainty which may be making your anxiety levels higher than usual.

This guide offers you some tips, techniques and ways to help yourself manage anxiety.

Firstly, remember that’s it’s normal to sometimes have anxiety and it can be helpful to you at times but maybe for you it’s feeling debilitating, unhelpful and as though it’s serving no purpose at all.

I’ve put together these steps for you to help yourself with anxiety.   
Practice the following techniques daily within the guide to help your mind and body relax.

**1. Spend time daily working on your breathing.**  
In mindfulness the 4-7-8 technique is often used to invoke the Relaxation Response in your body. This response calms the body down.  
To practice the 4-7-8 technique, breathe in through your nose for 4 seconds - then hold the breath for 7 seconds and then exhale for 8 seconds. Count in your head as you practice.  
At first you may feel a little light headed so just practice a couple of times to start with and build it up.  
Practice this and repeat.  
Practice breathing through your diaphragm instead of your chest too. Much research points to panic associated with chest breathing so look up exercises for diaphragm breathing.

**2. You’re listening to everything you say.**Literally you are.  
Your thoughts are incredibly powerful and will have an impact on how your body feels and how you behave.  
If you keep saying to yourself that you feel a particular way, you’re likely to amplify it.   
For example, if you say in your head ‘I feel anxious’ then your body will respond to that and may create more anxious symptoms. But if you say ‘I am choosing to calm my mind and body down’ then it’s much more helpful for you.  
Think about the thoughts that you pay attention to.   
It may take some practice, but you can work on turning unhelpful thoughts into more helpful ones. You may not be able to stop the thoughts from coming but you can decide what to do with it. You don’t have to believe everything you think.  
This is probably one of the most powerful things you can do from right now to help yourself

**3. Allocate a worry period.**  
If you find you’re a worrier then it can be helpful to allocate some time purely to worry! You can call this ‘worry hour’ or something similar.   
In this time period you can write everything down and literally worry about all the things you’ve thought about that day. So, if you’re feeling worried throughout the day remind yourself, you’ll worry about it later to enable you to get on with your day.

**4.** **The Power of Logic**  
When feeling very anxious or worried we can disengage logic and get very caught up in our emotions.   
Logic can give a lot of clarity and ease anxiety.   
Ask yourself when you’re next feeling anxious ‘if I could engage some logic here, what would it be?’ That is a more helpful focus for your mind and thought patterns.  
Again, this can take some practice. Our emotions don’t always follow logic as we are human and not robots but remind yourself to inject logic where you can.

**5. Distraction.**  
This can be helpful.  
Distract yourself. I have some songs that are so upbeat and happy that when I put these on it literally lifts my mood (whatever mood I’m in).   
Or sometimes I watch YouTube clips of my favourite comedians.  
What can you do or listen to that changes your mind state to a happier one? Do more of it!   
Whilst this may not solve all the issues, it can be a good and helpful distraction.  
Some ideas are reading, colouring or crafting, listening to music, going out for a walk if you can, watching videos, catching up with someone. What ideas do you have?

**6. Question.**  
We have a tendency not to answer our own questions in our head. All those ‘what ifs’. We ask the questions but seldom take proper time to answer them.  
Questioning yourself and answering those questions can be helpful in times of anxiety and worry. You can create your own but here’s a couple to start with...  
‘What can I do right now that is most helpful for me?’ ‘How can I do this.?’  
‘Have I taken the time to practice my breathing?’  
‘Is there another way of looking at this situation?’  
Ensure you answer these and create your own.

**7. The Power of Visualisation**Visualising yourself calm and peaceful can invoke calmness within your inner self. Your mind is full of powerful possibilities and creating a calm and safe place in your mind can help to calm you down when you need it.  
So here’s how you can mentally rehearse yourself calm.   
In a minute close your eyes and take yourself to a special, safe place where you feel calm, relaxed and at peace. Engage all your senses… what you can see, what you can hear, what fragrances surround you, what tastes there might be, what you feel.  
Some people visualise a beach with white sand and a calm sea… watching the gentle waves, smelling the sea air, feeling the grains on sand and listening to the waves.  
Others create a woodland… the smell of the forest, the sound of the leaves, the sight of beautiful trees with colour, the feeling of the bark on the trees, the feeling of freedom.  
Create your own special place. Close your eyes now and create it. How does that feel. Take some gentle breaths as you do this.

**8. You’re human – be kind to you.**  
Remind yourself you’re human. Everybody is on their own journeys with their own struggles.  
Be kind to you. Be nice to you. Treat yourself as somebody you love and cherish.   
Even on your hardest days. The nicer you are to yourself, the nicer place your mind is.

Thank you for reading my 8-step guide.

**Reduced rate online and phone sessions**  
Whilst government guidelines are encouraging self-isolation, I will be offering reduced rate therapy sessions online or via the phone.   
£27 for a 30-minute session or £47 for 60 minutes. (Usually £70 for an individual anxiety session).  
If you’d like to book, please contact me.

Lisa – helping you to have to life you want.  
[www.lisapawlowski.co.uk](http://www.lisapawlowski.co.uk)

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