

5 SIMPLE TIPS

*To Decrease Anxiety
and Create a Space
for Mindfulness*



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Leaders lead by example, how you deal with stress and anxiety will have a direct impact on you and your teams health

When anxiety increases, we have increased cortisol levels that lead to weight gain, fatigue, and decreased cognitive function.

By lowering our stress and anxiety as it relates to each of our senses, We directly lower our cortisol levels, therefore we gain the ability to lead better teams, make better decisions and lower the stress in our lives...That's what dreams are made of, right?



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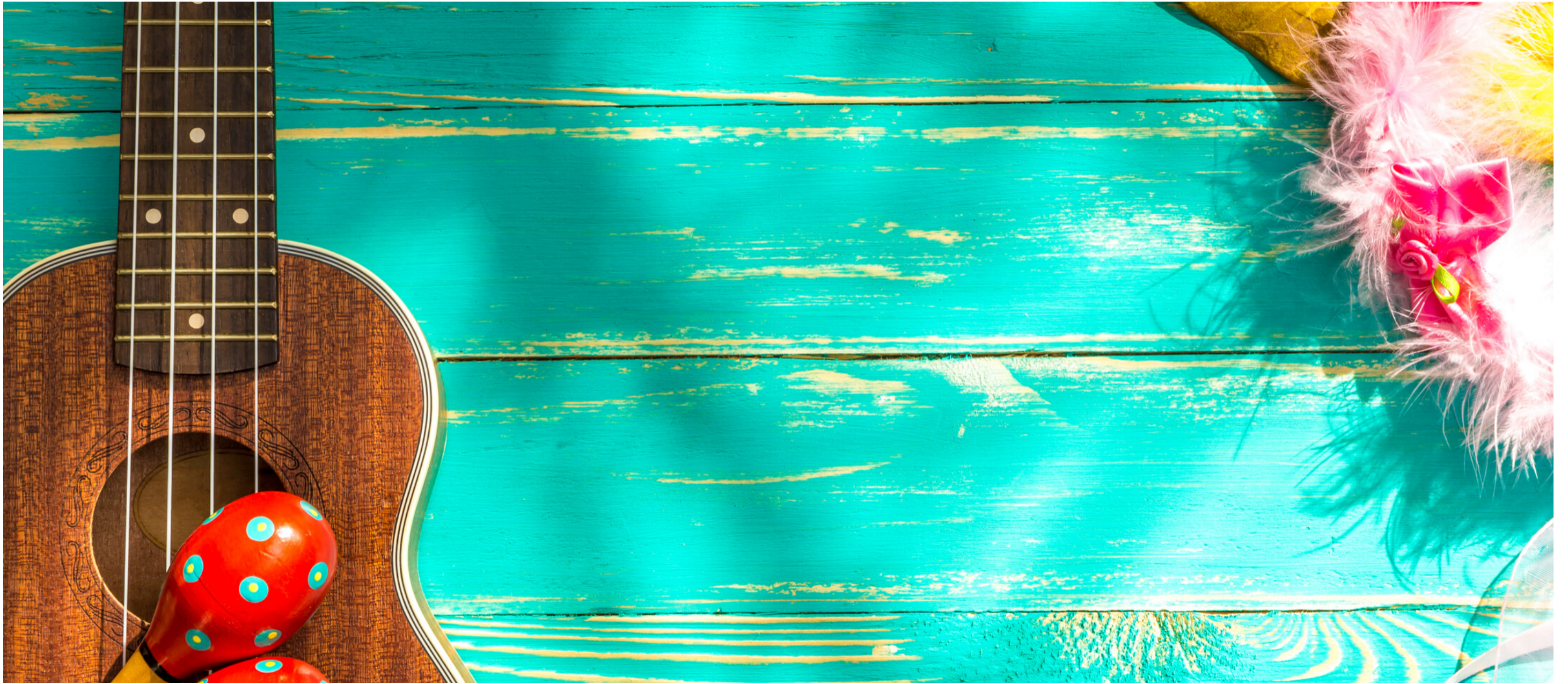
Chapter 05



FEEL YOUR BODY RELAX
THROUGH TOUCH



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Learning to relax is critical to reducing anxiety because even in the animal kingdom, stress is the number 1 cause of death. Animals perish when they hit high points of stress, and if you look at the stats a lot of humans are dealing with hypertension (aka stress) So how can YOU start to reduce stress by using your sense of HEARING?

LISTEN TO RELAXING MUSIC

Relaxing music has a proven benefit over silence itself to reduce anxiety. Take a moment to think about how you feel when you hear certain songs and create a playlist for the times you want to relax.

LISTEN TO NATURE SOUNDS

Our ancestors grew up in times where they spent lots of time outside. Nature has a way of healing our bodies, just think about how you feel when you are at the beach versus when you are in the office.

LISTEN TO BINURAL BEATS WITH HEADPHONES

Binural Beats work best with headphones because of the different frequencies. These frequencies can have a direct impact on your emotional state. The binural beat used for anxiety reduction is between 7-13 Hz. You can easily use YouTube or a meditation app to find one you like

Knowing is not enough; we must apply. Willing is not enough; we must do. -Johann Wolfgang von Goeth

You received an email from your boss, the deadlines moved up, then your key employee for the project calls out sick and you have no idea where the files are. The key here is to calm down so you make the best decisions and this can easily be accomplished in a few moments with your SIGHT.

CHANGE LOCATIONS

Staring at that computer screen won't make that deadline change. Get up from your desk and shift your sight. It might be to the window or for a quick walk as this will start to calm your body down so the cortisol doesn't start impairing your judgement for next steps.

WATCH FUNNY VIDEOS

Laughter is the best antidote for stress. It can be a funny pet video, or a simple comedy skit, or even a meme, but when you laugh you are releasing hormones to balance out that cortisol.

BE A KID - DAYDREAM

Remember the days where we could daydream...well they are still here. Closing your eyes or mentally taking yourself to a place of peace and comfort, the top of a mountain, the ocean will help to start to lower those stress levels.



The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence. - Confucius



Your sense of smell when you are anxious is extremely high. For animals it is a way to determine threats. In the modern world when we have factors outside our control bringing us stress, it is easy to get worked up, but it can be used to our advantage

BREATHING CALMING SCENTS

Diffusing calming essential oils (lavender, cedar wood, chamomile or peppermint) in a room can turn the heightened sense of smell to good.

It can bring the stress level down and decrease the gray matter in your brain.

LIGHTING A CANDLE

Lighting a candle, whether you do it during the day or when you dim the lights at night, will produce a visual way to calm down, as well as a scent in the room that would have your nervous system start to regain control

THE POWER OF BREATH

Taking slow controlled long inhales and exhales not only increases the oxygen and decreases the carbon dioxide, but it starts to lower your racing heart! You can find relief in a matter of minutes! It's quicker than taking a pill.

Do the difficult things while they are easy and the the great things while they are small. A journey of a thousand miles must begin with a single step. - Lao Tzu

We are here in this world to use our senses, and most of us do like to taste! But how we fuel our body in times of stress is critical. If we feed our body the ice cream and sugar, we are lowering our immune system more. However, if we start to taste other foods we can find a sense of relief. Try these 3 foods to TASTE your way through anxiety.

PUMPKIN SEEDS

These have potassium which help balance electrolytes. Additionally, they contain zinc which helps to boost your immune system and is essential to brain development

ALMONDS

These treats contain magnesium that help to treat the onslaught of symptoms including sleep deprivation that come as part of anxiety.

BLUEBERRIES

Instead of your sugary treats that throw your bacterial balances off, try this instead. It will help increase your antioxidants and Vitamin C. Studies have been shown it can also help prevent anxiety

*I attribute my
success to this - I
never gave or took
excuse - Florence
Nightingale*



When we use our sense of touch, we start to become present. A lot of anxiety and stress comes from worry about the the past or future. By taking note of what is in front of you, you start to decrease the cortisol levels and restoring your cognitive brain to make decisions.

NOTICE WHEN YOU TOUCH

When you touch a flower, or a furry blanket, take a moment and notice how it feels against your skin, what is it doing to your body? Become present and the outside stress will start to disappear

TAKE INVENTORY

Before you fall asleep, take inventory of all the things that support you that you can feel, your shoes, your feet, your bed, your blankets. They all help you feel the physical support all around you.



EXERCISE

Whether you are lifting weights, or walking, notice everything your body is doing to exercise, focus and feel the exercises. When you do this you become present and the worry stops, so that when you return you can make the best decision

*There is only one corner
of the universe you can be
certain of improving, and
that's your won self -
Aldous Huxley*



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