

My personal steps to overcoming anxiety, fear and judgment:



1. Breathing

Our breath centers us; brings our awareness to the here; makes you be present and slows down your nervous system. It's a fact that our brains really can only process 1 thought at a time. Even though many of you are like me and QUEEN's at multi-tasking and proud of it, our brains can only focus on 1 thought at a time. So FOCUSING on your breath – becoming aware of your in breath; how it feels with the inhale coming through your nasal passage, filling your lungs, knowing that that oxygen will be traveling to every cell with the life that it needs to push blood through your arteries to your muscles and brain and bring it back through your veins waiting for the next inhale to do it all again. I usually take at least 3-4 nice slow deep breaths to slow myself down!

Proper deep breathing:

- Lowers your heart rate.
- Lowers blood pressure and cardiac output.
- Increases blood oxygen levels.
- Promotes clearer thinking.
- Relieves stress.
- Increases metabolism.
- Improves circulation.
- Supports detoxification.



2. Grounding

This is a technique that has really helped me with the heart palpitations, the “false” gallbladder attacks, the uber worry wart syndrome and the hyperventilating – just to name a few! It’s a visualization technique that imminently brings you back down to earth and out of the clouds, allowing you to be present and work through the current issue.

- I usually remove myself, for just a moment, from the situation
- Take those 3-4 deep breaths
- Visualize your feet as roots of a solid tree
- Those roots are touching grass, dirt, growing down into Mother Earth
- Feel the warmth, the safety, the love, the strength
- When you are ready come back to the “surface” with a calmer, more grounded sense of self

Other purported health benefits:

- Reduce inflammation by reducing excess positive electrons.
- Increase energy.
- Lower stress.
- Promote calmness.
- Enhance disturbed biological rhythms i.
- Improve blood flow and pressure.
- Relieve muscle tension and headaches.
- Lessen menstrual and female hormone symptoms.



3. Listening

Seriously? YES! It's the easiest – yet by far the most difficult! We “ask” all the time for things – it's OK that we do, but how often do we take the time to really – no REALLY – listen for the answers? It's an on purpose task. I had to actually put myself on my calendar when I was starting to make time to LISTEN. Some people call it “Do Nothing”. Some call it “Sit Quietly”. Some call it “Meditation”

Other things that help with fear anxiety and depression are essential oils like Bergamot. When applied to your skin or inhaled your nervous system says “Thank You!” The oil of self acceptance relieving feelings of self- judgment and low self esteem. It helps combat the constant “monkey mind”, list making & negative self talk. It awakens the soul to hope and offers courage to share the inner-self.



4. Locate grounding stones (Bronzite is my favorite but labradorite and Tourmaline work great too)
5. Calming essential oils (Bergamot or Clary Sage - every girls 2 best friends!)
6. Apply lipstick (because it's a great confidence builder!)
7. Get it done – Just Do It (Thanks Nike! - stop procrastinating)
8. Push to the uncomfortable (all the pros say that's where we grow!)
9. Pat yourself on the back – mission accomplished! Do a well deserved cartwheel and observe how you FEEL!

Cheers to Accomplishment!

Erin

P.S. I have a fabulous Facebook group of awesome people that would love to say hello! Hop on over there and join our Journey 2 Empower network on facebook!

[<https://www.facebook.com/photo.php?fbid=10210666558288973&set=gm.1792920510997157&type=3>]

P.S.S Vision Calls are ALWAYS FREE!! Hop on my calendar and lets chat!

www.calendly.com/erinstrayer