

## HOW ANXIETY WORKS?

If you're here, I'm guessing you've been feeling a little more anxiety than usual lately. If that's the case, I'm glad you're with us on this journey to figure out exactly what's behind those feelings. Together, we'll learn what to do to start to feel calmer, more focused, and in control.

Through this guided journey, together we'll learn a set of tools based in Cognitive Behavioral Therapy.

These are practices that have been extensively researched. They really work and anyone can do them. First, I want you to know that anxiety is a normal human reaction, and sometimes a helpful one! In small doses, and in the right situation, anxiety is a fundamental survival tool. Let's say you were taking a nice walk in the woods, and suddenly you spotted a huge grizzly bear. At that

moment, anxiety is your friend! Your anxious feelings would cause you to start sweating, breathing hard and you'd feel a burst of adrenaline... and all those physiological responses to a perceived threat can be helpful if you need to, say, escape from a predator.

The problem with anxiety in today's world is that our minds and bodies often feel like they're on high alert. We can begin to see threats and catastrophe at every corner, and our minds can become fixated on these perceived threats even if there's no actual grizzly bear in sight. And over time, all that adrenaline and worry can build up and become overwhelming, paralyzing us or preventing us from enjoying everyday things.

How does that happen? Well, sometimes we mistake, say, an overdue bill for a grizzly bear and when we run up into a tree to hide, things

down on the ground only get worse. Our thoughts, behaviors and feelings all work together in a loop to either spin up our anxiety, or wind it down. This is the anxiety loop, and once you learn about this cycle, you can also learn how to break free in some surprising ways. In this journey, we'll teach you how to relax, build up positive behaviors, and retrain anxious thoughts to be more helpful. So, we don't want to get rid of anxiety altogether, we just want to use it when we really need it, and manage it when we don't. By the end of this journey, you should see a noticeable decrease in anxious feelings, and you'll also have a proven set of tools to use anytime anxiety flares up in your life. Most people will finish this journey in about 6 to 8 weeks, completing one item a day, but you can go at your own pace, as quickly or slowly as you like. So, let's take a deep breath together right

now. Great. You've taken the first step towards calm, your first step towards regaining control — and I'll be here to help guide you through the rest each step of the way.