* anxiety general
  + there is not such thing as the root of anxiety
  + not all stress is anxiety
  + fear of possibilities (what if stuff)
    - buddhist proverb: depression rooted in the past, anxiety rooted in the future
  + anxiety is usually not logical
    - I’m anxious about this job, everything is gonna end in disaster
    - realistic anxieties is possible, but usually end something called ‘catastrophizing'
* preventitive
  + mindfulness and meditation
    - it’s the hot thing people are using
      * in the past it was hypnotizing in phycology
    - keeps you in the present
      * logical
      * not catasrizphizing, i’m rooted here and breathing
    - activities of mindfulness and meditation
      * mindfulness is a synonym for meditation
      * examples
        + focusing on breath
        + leaves on a stream

“closes your eyes, imagine your thoughts as levels, imagine them floating down a stream, imagine a leaf, falling, and going away"

type of intervention

* + - * + love and kindness meditation

focus on yourself, someone you love, someone you hate, and someone you barely even know (like a coffee shop barista) and send them all love and kindness

* + - * + Cognitive behavioral therapy

insurance companies like

examples

"I’m anxious, so anxious that i can’t leave my house because everyone i meet will judge me and hate me; so i rephrase my thought process; i mediate; which will help regulate my emotions and thoughts; now I’m then able to have my desired behavior which is to meet new people"

insurance companies want the to do this because it works (empirically proven!!!)

thoughts affect your emotions, which affect your behiouvars

how can we reframe your thoughts which will help you manage your emotions which will have you do desired behaviours

many types of cbt but one is mindfulness

empirical data showing the meditation and mindfulness

even hospitals using CBT

* situation where someone trying to find a job (ara)
  + transition
    - they didn’t like their job; scared they won’t like it again
    - prospect of finding job scary
* chatbot
  + coaches
    - why people have coaches to get into school for example
    - people like guidance;
  + suppor system
    - i’m all alone; support system
  + we all know what to do to be
    - social contacts; exercise; food; we know but we don’t do it
    - we need guidance and confirmation
    - therapist, personal trainer
      * it involves someone caring
    - “we all have the answer within us…"
      * “we’re pregnant and that’s our answer.. the baby is answer… we need the midwife to guide us out and push push… okay i’m gonna pull now… someone is helping us do it"
    - asdf
      * 1) feeling supported (so you don’t feel alone)
      * 2) someone guiding us through the process