

Crushing Fear and Anxiety

just for you !

- A GUIDE TO HELP YOU UNDERSTAND FEAR, ANXIETY & THE DIFFERENCE BETWEEN BOTH!
- 3 PROVEN COPING EXERCISES TO CALM AND RESTORE CONTROL
- BONUS JOURNAL

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WELCOME!

I help adults who are struggling with fear and anxiety to master practical coping tools, strategies, and techniques that foster calmness and clarity, enabling them to take control of their lives and reclaim their power. The world needs your unique contributions, and every challenge you've faced has equipped you with the strength to overcome and thrive. We all possess the ability to confront and manage fear and anxiety, but often we lack the necessary tools.

I understand this personally, having navigated my share of heartbreak, divorce, health issues, job loss, betrayal, financial struggles, and the profound loss of my mother to brain cancer. I've felt the weight of confusion, fear, depression, anxiety, and stress, and I know how paralyzing it can be. But rest assured my friend; I am here to equip you with the tools you need to regain calm and control over your life.

Together, we will embark on a journey to understand fear and anxiety, starting with this guidebook. All you need is a commitment to yourself, an open mind, and a readiness to transform your thoughts. I promise to support you every step of the way. You have the power to overcome fear and anxiety, and I look forward to seeing you thrive on the other side!

A stylized, handwritten-style logo for 'Estancia'. The word is written in a cursive, flowing script. The 'E' is large and loops around the 's', which is also large and loops around the 't'. The 'a' is small and sits at the end of the word. The overall style is elegant and personal.

WHAT IS FEAR ?

Fear is a natural, powerful, and primitive human emotion. It involves a universal biochemical response as well as a high individual emotional response. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological.

Sometimes fear stems from real threats, but it can also originate from imagined dangers. Fear can also be a symptom of some mental health conditions including panic disorder, social anxiety disorder, phobias, and post-traumatic stress disorder (PTSD).



EXPLAIN THE 2 PRIMARY REACTIONS TO FEAR ?

Fear is composed of two primary reactions to some type of perceived threat: biochemical and emotional.

Biochemical Reaction

Fear is a natural emotion and a survival mechanism. When we confront a perceived threat, our bodies respond in specific ways. Physical reactions to fear include sweating, increased heart rate, and high adrenaline levels that make us extremely alert.¹

This physical response is also known as the “fight or flight” response, with which your body prepares itself to either enter combat or run away. This biochemical reaction is likely an evolutionary development. It's an automatic response that is crucial to our survival.

Emotional Response

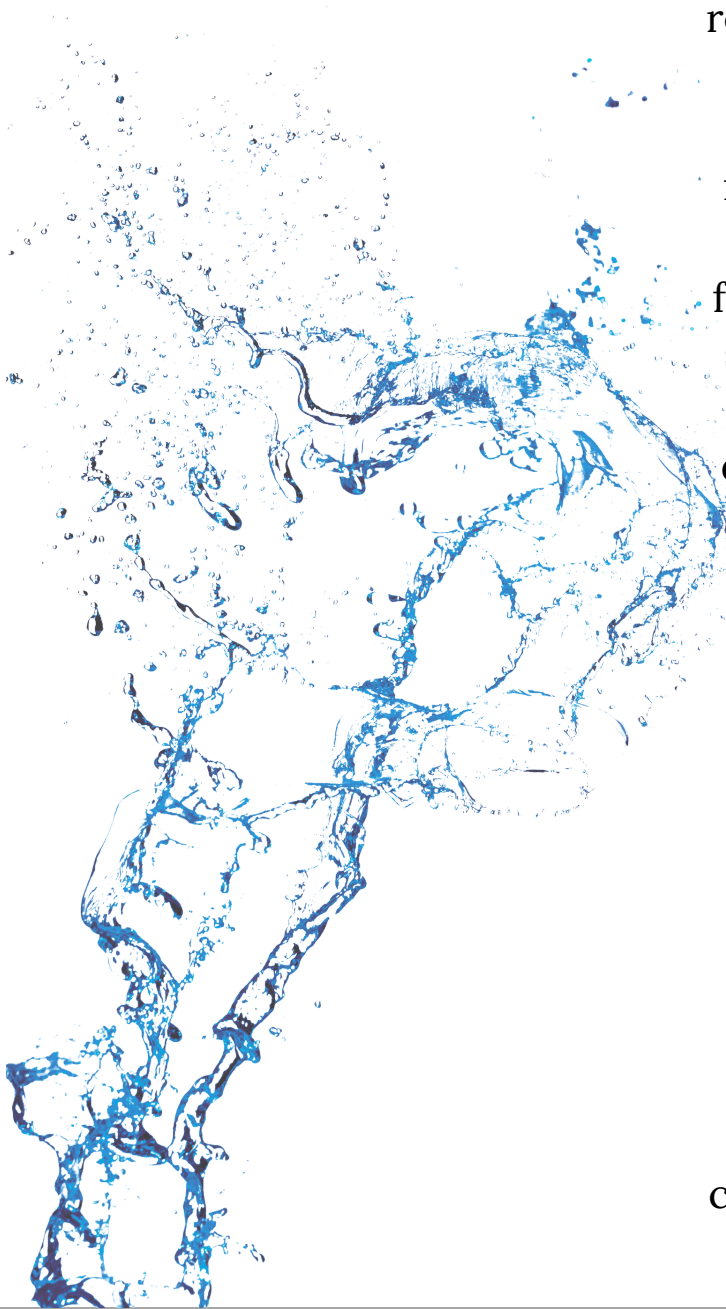
The emotional response to fear, on the other hand, is highly personalized. Because fear involves some of the same chemical reactions in our brains that positive emotions like happiness and excitement do, feeling fear under certain circumstances can be seen as fun, like when you watch scary movies

WHAT IS ANXIETY ?

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus. But for people with anxiety disorders, the fear is not temporary and can be overwhelming.

WHAT IS THE DIFFERENCE BETWEEN FEAR AND ANXIETY ?

According to Dr. Heshmat
Fear and anxiety are closely related. Both contain the idea of danger or possibility of injury. They make us narcissistically preoccupied with ourselves. In general, fear is seen as a reaction to a specific, observable danger, while anxiety is seen as a diffuse, a kind of unfocused, objectless, future-oriented fear (Barlow, 2002). Thus, fear is anxiety that is attached to a specific thing or circumstance (Horwitz, 2013). For instance, worries about dying are more likely to take the form of nagging anxiety than specific fear. Anxiety is also referred to emotional states such as doubt, boredom, mental conflict, disappointment, and bashfulness.



Coping Exercises

3 QUICK WAYS TO COPE WITH FEAR AND ANXIETY

Fear and anxiety can be sporadic and situational. If your fear and anxiety are situational (focused on a specific situation), like worrying about an upcoming interview, you may find that the symptoms do not last for long periods. Usually, situation-focused fear and anxiety disappear after the event is over. Fear and anxiety that occur at any given moment can get in the way of our focus and tasks. This type of fear and anxiety happens suddenly and can last from seconds to weeks. If your fear and anxiety are sporadic or situation-focused, I have three coping techniques that will quickly help you gain control in real-time.

Coping Exercise #1

FOCUSED DEEP BREATHING

P r a c t i c e f o c u s e d , d e e p
b r e a t h i n g

T r y b r e a t h i n g i n f o r 4
c o u n t s a n d b r e a t h i n g
o u t f o r 4 c o u n t s f o r 5
m i n u t e s t o t a l . B y
e v e n i n g o u t y o u r b r e a t h ,
y o u ' l l s l o w y o u r h e a r t
r a t e w h i c h s h o u l d h e l p
c a l m y o u d o w n .

Coping Exercise #2

IDENTIFY AND MANAGE TRIGGERS

Identifying a trigger is a great coping strategy that works! Many triggers are easy to find, like caffeine, not getting enough rest, a specific color, etc. Other triggers can be less obvious, like career, relationships, genetics, etc. When you find what triggers you, try to avoid or limit contact if possible.

Examples of Triggers:

- Caffeine
- Flying
- Side effects of specific medication
- Genetics – Fear, and Anxiety could run in your family

Coping Exercise #3

Journaling

Writing down what makes you fearful and anxious is a great coping technique that helps clear the mind.

Journaling allows you to express your pent-up feelings freely and provides an escape from the everyday

circumstances that cause stress. After you write in your journal, go back and

Reread, Rethink your concerns, and reflect on your options. Journaling

also allows you to remember your strengths.

Journaling is a great tool that helps you examine

and shift your thoughts,

and it leaves you feeling empowered and in control.

Coping Exercise #3

Journaling Guide

- Start journaling 5-15 minutes
- Describe the events that caused fear and anxiety
- Reread what you wrote
- Explore your thoughts ex. Could things be different?
- Rethink ex. How likely is this to happen? What would create a better outcome for me?
- Think differently - for every concern, write one way you could think about this differently/new possibilities, etc.
- Remember your strengths- think about everything you've overcome in the past; remember your strongest, wisest moments.
- Write a plan - Plan what you could do if this fear did happen (thinking about a solution takes the worry away from the unknown).

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JOURNAL



TOGETHER WE CAN CRUSH FEAR AND ANXIETY

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