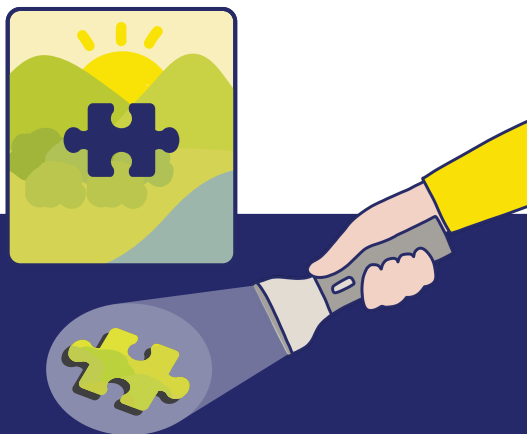


# A 4-STEP APPROACH FOR OVERCOMING ANXIETY

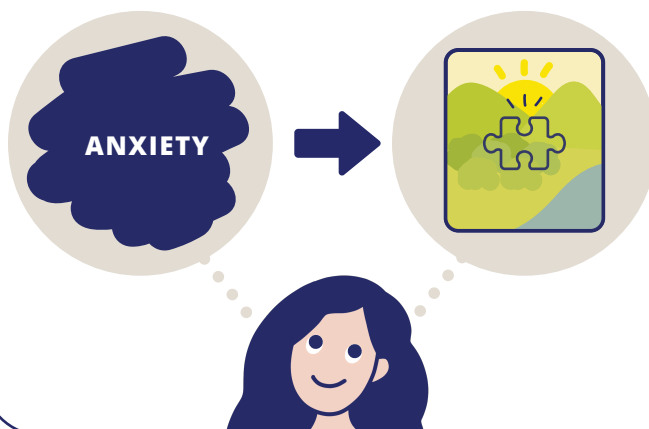
In life, you're constantly managing unknowns. But when anxiety takes hold, it can be difficult to face those unknowns and do the things you once enjoyed. So how can you overcome anxiety when it's holding you back?

**One way to motivate yourself in the face of anxiety is to build a values-based mindset.**

**1** Identify the meaningful parts of life that the anxiety is blocking.



**2** Shift the focus away from the anxiety itself toward the meaningful goal.



**3** Create a list of positive messages that would motivate you toward that goal.



**4** Be gentle with yourself – you're not alone. Many of the people you meet may be working through something similar.



Think, for example, about a person who is afraid to drive on the highway. In order to shift the focus, their therapist might ask, "Why do you want to drive on the highway? What's in it for you?" That person might want to drive so that they can go on a date, see a grandchild, get to a job, or buy a present for someone they love.

**When anxiety threatens to keep you from people you love and activities you enjoy, these four steps can give you powerful motivation to do what is meaningful to you *despite* anxiety.**